



Who Can Teach 300 Hour Advanced Teacher Trainings

In alignment with ASHY's core value of *excellence defined by high standards, professionalism and a desire to learn*, the Certification and Curriculum Teams continue to uphold the high quality of our 300-Hour Advanced Teacher Training program by clarifying who can teach the various parts of the 300 Hour curriculum.

With that in mind please read these policies, and let us know if you have any questions.

The 300 Hour Required Modules

- **LEAD TEACHER** is a Certified Advanced Teacher Trainer (CATT) who is approved by ASHY. A CATT can teach any or all of the required modules, and the following modules must be taught by a CATT:

Teaching with the UPA's
Teaching with a Theme
Observation and Adjustments
Sequencing
Methodology and Co-Mentoring

***CATTs are Yoga Alliance registered at E-RYT 500 or equivalent (at least four years and 2,000 teaching hours since their 200 Hour Teacher Training and at least 500 of these since achieving Anusara certification).

- **CO-TEACHER** is also an approved CATT.
- **SUBJECT MATTER SPECIALIST (SMS)** who is approved to teach one of the following required modules: *Anatomy, Philosophy, Teaching Meditation, Teaching Pranayama, Women and Yoga, and Yoga for Seniors*. The SMS application can be found here: <https://www.anusarayoga.com/subject-matter-specialists/>

- **ASSISTANT TEACHER (for the II required modules)** An assistant teacher must be a currently licensed ASHY Certified teacher or an Inspired teacher who is in the certification process, who has already taken the module, and who has been selected by the lead teacher. An assistant teacher may earn elective credit hours toward the 300-Hour ATT by repeating this Required Module. Serving as an assistant can help advance teaching skills and knowledge and is excellent preparation to eventually teach ATT required modules.
- Assist means to assist in the events while the lead teacher is present. Assist does not mean to teach the training. The lead teacher (CATT or SMS) may, however, invite an assistant to teach small segments, if the lead teacher feels this would add quality to the training. The lead teacher must be present.
- **GUEST TEACHERS** There are no guest teachers in the ATT Required Modules.

Who can teach ATT Elective Hours (132 hours of the 300 hour ATT)

- **ANY CURRENTLY LICENSED CERTIFIED teacher** -- any of their workshops or trainings count as ATT elective hours (no public classes accepted).
- **SUBJECT MATTER SPECIALIST (SMS)** who is approved by ASHY -- any workshop that is their designated specialty **up to 36 hours** can count as elective hours.

ALL Elective hours must align with the UPA's, ASHY Core Values and non-dual Tantra philosophy.