




The American Yoga Academy

Yoga Teacher Training Course 300-Hour **Certification Checklist**

	Date	Description	Hours
✓		Previous 200-Hour YTT	200
		500-Hour Online Curriculum	50
		200-Hour Online Curriculum Review	50
		2 Books from the 500-Hour Reading List, and personal reflections	30
		Learn and Practice Chopra Meditation and Perfect Health Ayurveda Lifestyle	20
		Paid, Volunteer, and/or Practice Teaching	100
		Study Course Materials: 500-Hour Handbook, Teachers Script	20
		Explore Different Aspects of Health and Wellness Education, Lectures, and Workshops	10
		Specialized Presentation Preparation	10
		Practice Teaching Your Presentation to Family and Friends	8
		Final Presentation and Effective Feedback Discussion	2
		TOTAL HOURS	500