



# The American Yoga Academy

## Chair Yoga Teacher Certification

### 60-Hour Course Requirements

These hours are a guideline. Each module is about 5 hours or more of study, reading, review, and practice. Completing The American Yoga Academy Online Chair Yoga Certification Course can take anywhere from 1-3 months or more depending on your lifestyle. Enjoy working at your own pace with our full support during and after your training. Enjoy this wonderful journey.

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#### **Yoga Teacher Training: 8 Modules** **40**

- Each Module = 5 hours or more of study
- (8 Modules x 5 hours = 40 Total Hours)
  - Yoga
  - Meditation
  - The Art of Teaching
  - The Role of the Instructor
  - Practice Teaching
  - Anatomy and Physiology, Alignment and Safety
  - Prepare for Your Practical Evaluation
  - Mindfulness, Ayurveda, The Business of Yoga

#### **Experience Other Instructors' Chair Yoga Classes** **5**

- In-person or online

#### **Practice Teaching Family and Friends** **15**

- In-person OR online using FaceTime or Zoom
- Practice with our Teachers' Script and/or your own notes

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**Total Required Hours** **60**