

200-Hour Certification Requirements



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Attendance

Attendance at all components of the teacher training intensive is required for certification and to meet Yoga Alliance requirements. Please consult with the Himalayan Institute Certifications Manager (Judy Moulton) prior to missing any portion of the training for approval. Missed contact hours will require additional assignments for completion of certification and too many missed hours will result in needing to retake the program at full cost.

Proctored Knowledge Assessment

This is a tool used to assess what you have learned and offer support for areas in which you may need more attention. It will be administered by Himalayan Institute teaching staff toward the end of the training.

Additional Assignments Required for Certification

1. 30-Day Meditation Journal Report

Instructions:

- Maintain your journal for one month
- Begin your journal with a plan for your practice
- Design a practice that will not disrupt your family or work life
- Make daily entries that are descriptive of the content and quality of your practice
- Explain what techniques you used and in what sequence, including comments on your sitting posture, comfort or distractions of the body, use of breath awareness, mantra or a specific point of concentration
- It may be helpful to include any preparation you have done prior to your actual sitting, such as stretches, relaxation, or pranayama

Once your journal is complete, write a 1-2 page summary report that includes the following:

- A general outline of your practice, include the time and duration
- Briefly describe your personal understanding of the 5-step meditation process
- Include anything that was helpful in the preparation phase
- Describe obstacles and distractions and how you handled them
- Include effects have you noticed in your daily life as a result of your meditation practice
- Describe how meditation has helped you to know yourself better

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2. Teaching Self-Evaluation Summary Report

Instructions:

You are required to teach a minimum of 12 hours in order to complete your certification. These classes may be taught in any setting: studio, gym, family members, friends, etc. Be clear that you are not yet certified and are teaching in order to earn your certification. Keep a journal of these 12 hours and a record of your sequence for each class as well as your reflections on the following:

How you felt about the class
Any feedback from your students
What you would do differently next time

When you have completed 12 hours of teaching, complete your final report using your journal and notes from each class. For each class taught, include your complete sequence. It is ok to repeat the same sequence a few times. Include a list of all postures, any particular focus or theme, systematic relaxation, as well as any pranayama or meditation practices that you taught. For each class taught, include your reflections on how you felt about the class, any feedback from students you may have received, what you learned while teaching, as well as anything you would do differently next time.

As a summary at the end of your report, include your overall impression of your teaching. This could be reflections on your sequences, confidence, presence in the classroom, areas for improvement, and future development.

When both assignments are completed, please email them to certifications@himalayaninstitute.org

Participants must complete their certification requirements within **2 years of the first day of the training intensive. After this time frame has expired, students may be asked to retake the entire training at full cost.**

Participants who complete all requirements and receive certification are then eligible to register with Yoga Alliance at the 200-hour level and become a Registered Yoga Teacher (RYT).

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Required Reading

Yoga: Mastering the Basics by Sandra Anderson and Rolf Sovik

<https://shop.himalayaninstitute.org/products/yoga-mastering-the-basics>

Guided Yoga Relaxations by Rolf Sovik (CD)

<https://shop.himalayaninstitute.org/products/guided-yoga-relaxations-cd>

The Key Muscles of Yoga Volume 1 by Ray Long

<https://shop.himalayaninstitute.org/products/the-key-muscles-of-yoga-volume-1>

The Secret of the Yoga Sutra: Samadhi Pada by Pandit Rajmani Tigunait

<https://shop.himalayaninstitute.org/products/the-secret-of-the-yoga-sutra-samadhi-pada>

Perennial Psychology of the Bhagavad Gita by Swami Rama (any version of the Bhagavad Gita will also suffice)

<https://shop.himalayaninstitute.org/products/perennial-psychology-of-the-bhagavad-gita>

