



Welcome to Namaste Yoga Teacher Training! We offer an authentic, well-rounded program specifically designed to provide participants with a broad overview of the history, fundamentals, and practice of yoga. Our 200 hour program includes 180 contact hours with master teachers and lead faculty, as well as 20 hours of independent study and practice.

As outlined in the requirements set by Yoga Alliance for a Registered Yoga School, NYTT includes the following educational categories:

- Techniques, Training, and Practice  
Exploration of the foundation of Vinyasa yoga with exposure to various styles and techniques
- Teaching Methodology  
Introduction to the basics of verbal cuing and physical alignment, giving and receiving feedback, and connecting with students
- Anatomy & Physiology  
Development of a basic understanding of the major muscle groups, joints, and planes of motion of the human body as they relate to the physical practice of yoga
- Yoga Philosophy/Ethics/Lifestyle  
Study of the practice of yoga through the ages, covering the origins and evolution of yoga, as well as the lineage of master teachers
- Practicum

Each category will be further supplemented by in-depth study, physical practice, and discussion. Please contact us at [NamasteYTT@gmail.com](mailto:NamasteYTT@gmail.com) for further information. We look forward to hearing from you!

Namaste Yoga Teacher Training meets the requirements of and is a Registered Yoga School approved by the Yoga Alliance for the RYT 200 designation.

