



YTT Checklist

RYT 200





Hours 1-100

RYT 200



Learning Objective: Consume Data

Hours 1-100

Consume data presented online via podcasts, Zooms, written lessons in a Glimpse of Yoga.

Target Date: June 30, 2020



Hours 101-200

RYT 200



Learning Objective: Prove Mastery.

Hours 101-200

Focus on filling out the workbook. Continue to consume data listed as you did in hours 1-100. Schedule graduation plan with Michelle at hour 100. Consider what direction you want your training to look like: asana-based, meditation-based, etc. Answer this question:

What do I want to do with this training?



Homework Submission

Fill out your workbooks, book report, the anatomy lessons listed in the anatomy podcasts with Shane, and celebrate! This can be done in July, so enjoy the process!