



In addition to your 65 live hours, you have an additional 135 hours that will need to be completed before receiving your 200 Hour Powers Yoga Certification approved by Yoga Alliance. These hours are a combination of asana, reading and completing your online interactive modules. The modules are set to unlock on a weekly basis. You may begin to log in your hours from the day you register for your training. Please print out the practice journal or save it to your computer to log in your hours. Below are the minimum hours needed in each category.

**In Person or Live Virtual Hours:**

- 65 in-person or live virtual hours with Master Trainer, Andrea Powers of Powers Yoga

**Self-Practice:**

- 25 hours of self-practice must mainly include Hatha or Vinyasa but may include 15 elective hours. These hours can be completed online with Powers Yoga or at your Approved Yoga Studio

**Practicum:**

- Karma Yoga: 10 Hours of Karma Yoga to receive feedback about your class. These classes must be taught to at least one student, friend, loved one or coworker. These classes are to be offered for free and are a great way to connect with a yoga studio. See if your local yoga studio will allow you to teach a complimentary Karma Yoga class to help you complete your certification or grab a friend and teach in your home or backyard.

**Self-Paced Interactive Modules:**

- € Remaining Hours Include the Following Topics: The Asanas, Pranayama & The Subtle Body, Meditation Techniques, Anatomy & Physiology, Ethics of a Yoga Teacher, Teaching Methodology, Professional Development & More

## Week One of Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Asana</b> Specify style & length of class may include vinyasa, hatha...							
<b>Reading</b> Find your weekly reading material in your manual and record your reading. If there is nothing to read write: N/A							

*Each week take a moment to self-reflect how your yoga journey is going this is a requirement to receive your certification*

**Self-Reflect:** How did your first week of training go and what would you like to achieve? (Write in the space below)

## Week Two of Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Asana</b> Specify style & length of class may include vinyasa, hatha...							
<b>Reading</b> Find your weekly reading material in your manual and record your reading. If there is nothing to read write: N/A							

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### Self-Reflect:

## Week Three of Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Asana</b> Specify style & length of class may include vinyasa, hatha...							
<b>Reading</b> Find your weekly reading material in your manual and record your reading. If there is nothing to read write: N/A							

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### Self-Reflect:

## Week Four of Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Asana</b> Specify style & length of class may include vinyasa, hatha...							
<b>Reading</b> Find your weekly reading material in your manual and record your reading. If there is nothing to read write: N/A							

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### Self-Reflect:

## Week Five of Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Asana</b> Specify style & length of class may include vinyasa, hatha...							
<b>Reading</b> Find your weekly reading material in your manual and record your reading. If there is nothing to read write: N/A							

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### Self-Reflect:

## Week Six of Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Asana</b> Specify style & length of class may include vinyasa, hatha...							
<b>Reading</b> Find your weekly reading material in your manual and record your reading. If there is nothing to read write: N/A							

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**Self-Reflect:**

## Week Seven of Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Asana</b> Specify style & length of class may include vinyasa, hatha...							
<b>Reading</b> Find your weekly reading material in your manual and record your reading. If there is nothing to read write: N/A							

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### Self-Reflect:



## Week Eight of Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Asana</b> Specify style & length of class may include vinyasa, hatha...							
<b>Reading</b> Find your weekly reading material in your manual and record your reading. If there is nothing to read write: N/A							

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**Self-Reflect:**

**Week Nine of Training**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Asana</b> Specify style & length of class may include vinyasa, hatha...							

<b>Reading</b> Find your weekly reading material in your manual and record your reading. If there is nothing to read write: N/A							
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**Self-Reflect:**

**Week Ten of Training**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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<b>Asana</b> Specify style & length of class may include vinyasa, hatha...							
<b>Reading</b> Find your weekly reading material in your manual and record your reading. If there is nothing to read write: N/A							

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**Self-Reflect:**

**Week Eleven of Training**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Asana</b> Specify style & length of class may include vinyasa, hatha...							
<b>Reading</b> Find your weekly reading material in your manual and record your reading. If there is nothing to read write: N/A							

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**Self-Reflect:**

## Week Twelve of Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Asana</b> Specify style & length of class may include vinyasa, hatha...							
<b>Reading</b> Find your weekly reading material in your manual and record your reading. If there is nothing to read write: N/A							

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### Self-Reflect: