



YTT Checklist

RYT 500





Review RYT 200 Checklist

BE A RESOURCE TO YOUR
TRAINEES BY BEING IN
THE KNOW.





Hours 1-100

RYT 500



*Learning Objective: Consume Data from
a Trainer's vantage point.*

HOURS 1-100

CONSUME DATA PRESENTED TO THE 200HR FOLKS ONLINE VIA PODCASTS, ZOOMS, WRITTEN LESSONS IN A GLIMPSE OF YOGA TO WORK TOWARDS MASTERY. LEARN HOW EDGE OFFERS YTT FROM THE OTHER SIDE OF THE MAT. FILL OUT THE 200HR MANUAL TO CREATE YOUR OWN TEACHER'S GUIDE. MEET WITH MICHELLE AT 100-HOURS TO EVALUATE THE DIRECTION YOU'D LIKE THIS TO GO. WHICH PLATFORM ARE YOU MOST COMFORTABLE PRESENTING ON?



Hours 101-200

RYT 500



Learning Objective: Gain experience co-leading a 200. Develop a teaching style.

HOURS 101-200

STEP UP AND TAKE A LEADERSHIP ROLE. EARN EXPERIENCE ASSISTING YTT. PLATFORMS AVAILABLE TO DO SO ARE: PHONE LECTURES, CHAT SESSIONS, AND ZOOM VIDEO DEMOS. FOCUS ON FILLING OUT THE MOCK WORKSHOP WORKSHEETS IN THE 300HR MANUAL. SCHEDULE PLAN WITH MICHELLE AT 200-HOURS.



Hours 201-300

RYT 500



Learning Objective: Prove Mastery.

HOURS 201-300

ALL YOU NEED TO DO NOW TO FINISH UP THE LAST
100 HOURS USING YOUR MOCK WORKSHOP
WORKSHEETS TO PRESENT IN YTT TO THE 200HR
STUDENTS. WORK CLOSELY WITH MICHELLE ON A
WEEKLY BASIS TO DO SO.



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!



Housekeeping Notes
Asteya: non-stealing

COME TO LIVE ZOOM LESSONS PREPARED. TAKE A DAY OR TWO TO COMB THROUGH THE WELCOME SECTION ON TEACHABLE AKA MICHELLERAESOB.COM. KEEP AN EYE ON SLACK MESSAGES, ANNOUNCEMENTS, AND READ THE EMAILS THOROUGHLY. MY FIRST PRIORITY IS TO HOLD SPACE FOR YTT. I HOPE THIS AIDS YOU IN HAVING A JOYFUL AND ABUNDANT TRAINING.



EARN YOUR
RYT 500
DISTINCTION!