

300-hr Yoga Teacher Training Tracking Sheets

NAME: _____ 200-hr YTT: _____

Take Class with 500 RYT at AAAYS	Teach Class 500-RYT attends	Record Yourself Taking Class
1 -	Give ICP in class taught by 500-RYT Assist 500-RYT Observe 500-RYT teach class	1 -
2 -		Record Yourself Teaching Class
3 -		1 -
4 -	1 -	Attend Mentor Meetings
5 -	2 -	1 -
6 -	3 -	2 -
7 -	4 -	<p>BREAKDOWN OF 40-HOURS</p> <ol style="list-style-type: none"> 1. Take 24 classes w/500-RYT at AAAYS Write 3 things you like & 3 you don't. 2. Teach 10 classes, assist, observe or ICP's with 500-RYT at AAAYS and receive feedback 3. Record & critique yourself taking class where you are able to. AAAYS can help with this. 4. Record & critique yourself teaching class where you are able to. AAAYS can help with this. 5. Attend 1 mentor mtg with Robin and 1 mentor mtg with Teresa. Make sure you bring your critiques to the mentor meetings.
8 -	5 -	
9 -	6 -	
10 -	7 -	
11 -	8 -	
12 -	9 -	
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14 -		
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23 -		
24 -		
<p>~ THESE 40-HOURS ARE REQUIRED FOR YOU TO COMPLETE YOUR PRACTICUM ~</p>		