



Name _____

Certification Requirements

To receive certification through the Awakening Yoga 200-Hour Yoga Teacher Training program, students must successfully complete the following requirements:

Enrollment & Orientation

- Attend the First Friday Orientation
- Sign the Awakening Yoga Code of Conduct
- Submit tuition deposit and first weekend payment, or pay tuition in full

Attendance & Participation

- Maintain a personal yoga practice of 2–3 classes per week during training
- Attend and actively participate in all training weekends
- Complete approved make-up work for any missed sessions prior to the next training weekend

Coursework & Assignments

- Complete all Anatomy & Physiology video coursework
- Complete all required reading assignments
- Complete all written essays and reflections
- Submit take-home, open-note final exam within 30 days of Training 3 completion

Mentorship & Observation Requirements

- Complete the required one-on-one meeting with Heather during office hours
- Complete 5 observation classes with written notes submitted by the end of January
- Complete 5 assist classes with signed teacher verification forms submitted by the end of February

Teaching Skills & Practicum

- Demonstrate progressive competency in class sequencing
- Demonstrate progressive competency in hands-on assists
- Demonstrate growth in practice teaching throughout training
- Participate respectfully and professionally during peer teaching exercises
- Successfully pass final practicum evaluation based on rubric standards

Professionalism & Conduct

- Uphold the Awakening Yoga Code of Conduct throughout the duration of the program