



Ananda Yoga® Teacher Training

Ananda YTT

The Ananda School of Yoga & Meditation is recognized by Yoga Alliance as a RYS.



Initial 200+ Hours

Level 1 Ananda Yoga Teacher
Eligible for RYT 200

—or—

RYT plus
Bridge to Ananda Yoga

YTT Level 2 (300 hours)

- *Essence of the Bhagavad Gita
- *Essence of the Yoga Sutras
- *Meditation Teacher Training 1
- *Advanced Pranayama
- *AYTT Assistantship
- *Spiritual Counseling Training
- 100 hours of teaching at home
- Final home practicum video

Level 2 Ananda Yoga Teacher
Eligible for RYT 500

Ananda Yoga® Therapy Training



Ananda YTxT (860 hours)

YTxT Part 1 (670 hours)

- *Essence of the Bhagavad Gita
- *Essence of the Yoga Sutras
- *Meditation Teacher Training 1
- *Advanced Pranayama
- *AYTT Assistantship

YTxT: Principles
 YTxT: Musculoskeletal 1
 *YTxT: Restorative YTT
 *YTxT: Seniors & Bone Strength
 YTxT: Ayurveda
 YTxT: Health Challenges 1
 Home Practicum Video
 Practicum at home

- *Meditation Solutions
- *Spiritual Counseling Training
- YTT Level 2 videos

YTxT Part 2 (190 hours)

YTxT: Musculoskeletal 2
 YTxT: Health Challenges 2
 YTxT: Psychology & Mental Health
 YTxT: Holistic Health Therapist Training
 Practicum at home

Ananda Yoga Therapist
Eligible for IAYT Yoga Therapist

* **Starred courses** may be taken before you officially enroll in the Ananda Yoga Therapy Training program if you meet their separate prerequisites.

Prerequisite for Ananda Yoga Therapy Training (YTxT): one year of experience teaching Ananda Yoga after graduating from Level 1 AYTT. One year of personal practice of yoga. We also recommend that you complete as much of Level 2 YTT as possible before beginning Ananda YTxT.

The yoga therapy components of these courses are based on our accreditation by IAYT, not derived from our status as an RYS with Yoga Alliance Registry.