

TRUE U Namaspa 300 Hour Advanced Yoga Teacher Training

(for Non-Namaspa trained 200hr grads)

Who is this for?

Already a 200 Hour Certified Yoga Alliance Teacher? Our Namaspa 300 Hour Registered Yoga School is for teachers who already have their RYT200 Hour Certification through Yoga Alliance and are looking to learn or deepen their experience of yoga through the Namaspa Teaching Methodology.

How does it work?

At Namaspa, we are committed to accessibility. Unlike most 300hr advanced yoga teacher trainings, rather than a 'contained' program like a 200hr, our 300hr is broken down into smaller trainings that can be completed according to your timeline and budget.

Like a university, you complete required Namaspa Core Requirements and Electives to create a solid foundation in the Namaspa Teaching Methodology. And unlike any other yoga schools we know of, you can even get credit for 'outside electives' - so you can explore other yoga modalities outside Namaspa Yoga School based on your individual interests. We also offer many hours and options as an 'energy exchange' - like assisting the Namaspa TRUE U 200hr program.

Program Overview:

300 Advanced Yoga Teacher Training Hours Summary

- **200 Namaspa Core Requirements**
 - Direct advanced Instruction in the Namaspa Teaching Methodology
- **75 Namaspa Electives**
 - Namaspa Trainings, Workshops, Practicums, Mentoring
- **25 'Outside Electives' or more Namaspa Electives**

NAMASPA CORE REQUIREMENTS - Core Methodology	200 HRS
First 3 Fall TRUE U 200hr. YTT weekends or Digital course: Introduction to Namaspa Teaching Methodology	75
DARE U 100 Hour Teacher-Leader Immersion or Combination of 100 hours of Namaspa Advanced Yoga Teacher Trainings	100
TRUE U 200 Hr YTT Program Assisting: <ul style="list-style-type: none">● Assist one weekend of the 200hr YTT program	25

NAMASPA ELECTIVES - Any combination of 75 Hours	75 HRS
<u>TRUE U YTT 200Hr Program Assisting</u> <ul style="list-style-type: none"> Assisting a second YTT weekend 	25
<u>TRUE U YTT 200Hr Program Student Mentorship</u> <ul style="list-style-type: none"> Mentor a YTT student throughout their 200Hr program 10 hours per mentee/per year - for a total of 2 mentees over two programs 	10-20
<u>Teach in YTT Community Classes:</u> <ul style="list-style-type: none"> Teach at least one section of a YTT Community Class and give/receive feedback after class. Each Community Class counts as 1.5 hours of elective credit. 	Up to 20
<u>FREE UP Teacher Mentoring Program One-on-one Coaching Program</u>	15
<u>Any EVOKE Energy Yoga Trainings</u>	Unlimited
<u>Attend or Assist Namaspa Workshops with 500Hr Namaspa Teacher</u>	Up to 40
<u>Individual Skillwork Sessions with Senior Teacher: 3 hour session that includes practice teaching in live class, post-class feedback & coaching, 1 hour skillwork session</u>	Up to 12
NAMASPA or 'OUTSIDE' ELECTIVES Choose any combination of 25 Hours	25 HRS
Option 1: Additional Namaspa Elective Trainings Option 2: 'Outside' Trainings: Explore your interests. Follow your curiosity. <ul style="list-style-type: none"> Examples: <ul style="list-style-type: none"> Children's Yoga Teacher Training: Namaspa Foundation Outreach Trainings Reiki Trainings Limitless possibilities here 	
TOTAL	300 Hours

*Green boxes indicate offerings at no cost as an energy exchange to the student.