

TRUE U Namaspa 300 Hour Advanced Yoga Teacher Training

(for 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 modules 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

- **150 Namaspa Core Requirements**
 - Direct advanced Instruction in the Namaspa Teaching Methodology
- **100 Namaspa Electives**
 - Namaspa Trainings, Workshops, Practicums, Mentoring
- **50 'Outside Electives' or more Namaspa Electives**

NAMASPA CORE REQUIREMENTS - Core Methodology	150 HRS
<u>DARE U 100 Hour Teacher-Leader Immersion</u> or <u>Combination of 100 hours of Namaspa Advanced Yoga Teacher Trainings</u>	100
<u>TRUE U 200 Hr YTT Program Assisting:</u> <ul style="list-style-type: none">● Assist 2 weekends of the 200hr YTT program	50

NAMASPA ELECTIVES - Any combination of 100 Hours	100 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</u> with Senior Teacher: 3 hour session that includes practice teaching in live class, post-class feedback & coaching, 1 hour skillwork session	Up to 12
NAMASPA or 'OUTSIDE' ELECTIVES Choose any combination of 50 Hours	50 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.