**Appendix H-2**

# Yoga Association of Alberta
## EXAMPLE Summary Spreadsheet

**Student's Name:** Shanti Yogananda

**Entry Date Into Teacher Training Program:** 01-Jan-15

**Years of Yoga Classes Prior to Entry into Teacher Training Program:** 25 years

**Senior Teacher's Signature (approving detailed, accurate documentation of hours):** _____

**Senior Teacher Print Name:** Guru Yogananda

**Date:** July 1, 20017

Excel Version Only

| *Date(s)* | *Title & Description of Workshop or Classes (Classes may be grouped by term)* | *Instructor (First and Surname)* | *Total Hours of Workshop or Classes* | | Weekly Hatha Yoga Classes with Senior and/or Intermediate Teacher | Anatomy & Physiology | Philosophy & Psychology | Breath Awareness Training | Meditation Training | Special Concerns & Therapeutic Application | Apprenticeship & Supervised Teaching | Hatha Yoga Workshops - General (Hours Not Already Claimed in Other Categories) | Total of Columns F through M > | < should equal Column D |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | **Split Total Hours (Column D) Into Applicable Categories (Columns F through M). See Appendix H-3 for Guidelines.** | | | | | | | | | |
| 1990 - 2014 | Various Classes at Many Studios before starting Teacher Training (attach details) | Awesome Teacher | Hours DO NOT count | | Hours DO NOT count | | | | | | | | | |
| Jan 2015 - May 2016 | Teacher Training at XYZ Studio | Yogananda & Jo Helper | 200 | | 0 | 10 | 20 | 10 | 5 | 5 | 30 | 120 | 200 | True |
| Jan 2015 - March 2017 | Weekly classes at ABC Studio | Betty Boop | 112 | | 112 | | | | | | | | 112 | True |
| July 2-3, 2015 | Anatomy Workshop | Dr. Bones | 10 | | | 10 | | | | | | | 10 | True |
| Sept-June, 2015 | Drop in classes at Paradise Rec Centre | Shiva Sunshine | 40 | | 40 | | | | | | | | 40 | True |
| Jun 8-9, 2016 | International Teacher A at Riverside Hall** | Guru Satnanda | 12 | | | | 2 | 2 | 2 | | | 6 | 12 | True |
| Oct 22-23, 2016 | YAA Teaching Skills Workshop* | Jose Senior | 14 | | | | | | | 2 | 10 | 2 | 14 | True |
| November 3, 2016 | YAA Saturday Monthly Class* | Sara Jane | 5 | | | | 1 | 1 | | 3 | | | 5 | True |
| Jan 15-17, 2017 | International Teacher B at EFG Studio** | Yogi Uttanasana | 10 | | | | 2 | 2 | 2 | | | 4 | 10 | True |
| Feb 7-11, 2017 | International Teacher C at Rolling Hills Retreat** | Shanti Savasana | 25 | | | | 5 | 5 | 10 | | | 5 | 25 | True |
| | | | | | | | | | | | | | 0 | True |
| | | | | | | | | | | | | | 0 | True |
| | | | | | | | | | | | | | 0 | True |
| | | | | | | | | | | | | | 0 | True |
| | | | | | | | | | | | | | 0 | True |
| | | | | | | | | | | | | | 0 | True |
| | | | | | | | | | | | | | 0 | True |
| | | | | | | | | | | | | | 0 | True |
| | | | | | | | | | | | | | 0 | True |
| | | | | | | | | | | | | | 0 | True |
| | * YAA Residency Requirement (10 hours required) | | | | | | | | | | | | 0 | True |
| | ** International Teachers (see guidelines) | | | | | | | | | | | | 0 | True |
| | | | | | | | | | | | | | 0 | True |
| | | | | | | | | | | | | | 0 | True |
| | | **ADD TOTALS FOR EACH COLUMN** | 428 | | 152 | 20 | 30 | 20 | 19 | 10 | 40 | 137 | 428 | True |
| (Note: Please highlight required International Teachers and Teaching Skills Workshops) | | | minimum total 300 hours | | minimum 100 hours | minimum 10 hours | minimum 20 hours | minimum 10 hours | minimum 10 hours | minimum 10 hours | minimum 40 hours | minimum 100 hours | Total of Columns F through M > | < should equal Column D |

EXAMPLE

Available as a pdf file or Excel Spreadsheet at www.yoga.ca
Use as many sheets as necessary.