



300-hour Certification Completion Checklist

Use this checklist to keep track of your progress. Questions? Getting ready to finish? Contact info@pranakriya.com.

A. Core Curriculum Requirements

- Anatomy for Yoga Practitioners & Teachers
Date: _____, Instructor: _____, Studio: _____, hours: ____
- *Holding Space: Developing Skills for Presence & Touch
Date: _____, Instructor: _____, Studio: _____, hours: ____
- Musculoskeletal Assessment (replaces Holding Space after 10/13/2020)
Date: _____, Instructor: _____, Studio: _____, hours: ____
- Meditation: Theory & Teaching
Date: _____, Instructor: _____, Studio: _____, hours: ____
- Pranayama: Theory & Teaching
Date: _____, Instructor: _____, Studio: _____, hours: ____
- *The Client Relationship: Cultivating Intuitive Presence, Ethics & Boundaries
Date: _____, Instructor: _____, Studio: _____, hours: ____
- Cultivating Intuitive Presence & Boundaries (partially replaces The Client Relationship after 1/1/22)
Date: _____, Instructor: _____, Studio: _____, hours: ____
- Ethics & Creating Inclusive Spaces (partially replaces The Client Relationship after 1/1/22)
Date: _____, Instructor: _____, Studio: _____, hours: ____

B. Yoga Philosophy: take ONE of these Tantric Hatha Yoga courses; additional course(s) from this section can count as elective(s)

- Understanding the Bhagavad Gita
Date: _____, Instructor: _____, Studio: _____, hours: ____
- Understanding the Hatha Yoga Pradipika
Date: _____, Instructor: _____, Studio: _____, hours: ____
- Asanas as Spiritual Doorways
Date: _____, Instructor: _____, Studio: _____, hours: ____

*Please note that, at the time of this update, these programs are no longer offered.

Updated 6/1/2022



C. Advanced Asana Courses: Deepening the Asana Experience (take THREE of these Asana Courses; additional course(s) from this section can count as elective(s))

- Asanas for Yoga Workout 1
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Asanas for Yoga Workout 2
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Asanas for Meditative Posture 1
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Asanas for Meditative Posture 2
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Asanas for Gentle Yoga 1
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Teaching Restorative Yoga
Date: _____, Instructor: _____, Studio: _____, hours: _____

D. Elective Courses

Take Any Additional Courses of your Choice from this list to accrue **300 hours or more**. Choose any courses you have not used to satisfy Core Curriculum requirements. Minimum of 3 courses. Course attendance only counts once for the 300-hour certification (repeat attendance does not count toward the 300-hour minimum).

- Basic Prenatal Yoga Teacher Training
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Advanced Prenatal Yoga Teacher Training
Date: _____, Instructor: _____, Studio: _____, hours: _____
- *Skills for Hands-on Assisting and Manipulations
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Asana for Yoga Workout 1
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Asana for Yoga Workout 2
Date: _____, Instructor: _____, Studio: _____, hours: _____

*Please note that, at the time of this update, these programs are no longer offered.
Updated 6/1/2022



- Asana for Meditative Posture 1
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Asana for Meditative Posture 2
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Asana for Gentle Yoga
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Teaching Restorative Yoga
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Understanding the Bhagavad Gita
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Understanding the Hatha Yoga Pradipika
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Asanas as Spiritual Doorways
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Dialogue with Death: the Yoga of the Katha Upanishad
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Musculoskeletal Assessment (serves as elective if you took *Holding Space* before 10/13/2020)
Date: _____, Instructor: _____, Studio: _____, hours: _____
- *Pranakriya Approach to Yin Yoga
Date: _____, Instructor: _____, Studio: _____, hours: _____
- The Universe inside the Body of the Yogi: A Journey into the Chakras, Granthis, and Nadis
Date: _____, Instructor: _____, Studio: _____, hours: _____
- *Yoga Nidra & Savasana: Leading Yoga's Inner Practices
Date: _____, Instructor: _____, Studio: _____, hours: _____
- *Pranakriya Vinyasa Flow—A Sustainable Practice
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Kids Yoga: PK Little Kids
Date: _____, Instructor: _____, Studio: _____, hours: _____

*Please note that, at the time of this update, these programs are no longer offered.
Updated 6/1/2022



- Kids Yoga: PK Tween to Teen
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Kids Yoga: PK Kids: Growing a Body: Anatomy and Development from Two to Teen
Date: _____, Instructor: _____, Studio: _____, hours: _____
- Kids Yoga: PK Kids: Making Yoga Philosophy Accessible for Kids
Date: _____, Instructor: _____, Studio: _____, hours: _____

Notes

Any courses you may have taken that were not listed above:

Hours completed to-date:

Core courses left to complete:

Number of electives or elective hours left to complete:

Courses I plan to register for (name/date):

Anticipated graduation date:

*Please note that, at the time of this update, these programs are no longer offered.
Updated 6/1/2022