

# Cadence for 300 Hour Advanced

## 2 Year Certification:

19 workshops a year total with WAORYTT  
Attend 2-3 workshops a month

## 3 Year Certification:

Attend 12-13 workshops a year (about 1 a month cadence)

## 4 Year Certification from launch date October 2022:

Attend about 10 workshops a year

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## Ways to graduate faster:

- **Flex 1** - You can become affiliated with Yoga Alliance and create a membership with them to have the Registered Yoga Teacher (RYT-200) designation. If you have any hours (listed below) from 2020-2022 after your YTT graduation, you may include them.
  - teaching hours
  - workshop hours upon approval
  - study courses related to **business** building, online learning, or anything to improve or expand your yoga business upon approval
- *the total maximum number of hours that we can accept for this is **50 hours***
  
- **Flex 2** - There is a total of 100 hours of your 300 hours of study that is flexible. You can take a course from a different yoga school that relates to the study of yoga from an approved school only and the maximum number of hours that we can accept for an **outside** program is 50 hours. For example: any yoga teacher training or retreat that is not from our school but an approved school such as [janetstone yoga.com](http://janetstone yoga.com)

## KEY & SYNOPSIS:

- There are 52 weekends in a year
- We can do about 8 hours total in one weekend (sometimes less)
- That means that there needs to be 38 total 300 hour workshops for the WAORYTT (We Are One Reno YTT) 300 hour course. 100 hours of the 300 hours of study is flexible.
- 38 individual courses for WAORYTT means that we can only hold about 20 workshops a year on average for our program
- Members of the 300 hour can attend about 38 total workshops from our school directly in about 2 years to graduate starting October 2022
- Members may also be qualified to graduate earlier than 2 years with Flex options