



Hour Log for Vista Yoga 300-Hour Training

	Mandatory Modules	Dates Completed	Contact Hours Completed	Non-Contact Hours Completed
1	Experiential Anatomy			
2	Energetics of Asana/Pranayama Immersion			
3	Hands on Adjustments and Body Reading			
4	Sequencing and Transitions			
5	Yin/Restorative Immersion			
6	Developing and Sustaining a Personal Practice			
7	Adaptive Yoga			
8	Ayurveda Immersion			
9	Taking the Taking the Seat of the Teacher			
10				
11				
12				
13	SECTION TOTALS			

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	Elective Modules	Dates Completed	Contact Hours Completed	Non-Contact Hours Completed
14	Yoga for Women's Health			
15	Yoga for Graceful Aging and Osteoporosis			
16	Yoga Symbolism and Chanting			
17	Yoga for Cancer Certification			
18	Yoga Nidra			
19	Yoga on the Chair			
20	Yoga Practice and Philosophy Immersion			
21	Ayurveda Immersion			
22	Taking the Taking the Seat of the Teacher			
23				
24				
25				
26	SECTION TOTALS			

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	Additional Requirements	Dates Completed	Contact Hours Completed	Non-Contact Hours Completed
21	Mentoring			
22	Final Project			
23				
24				
25				
26	SECTION TOTALS			
27	PROGRAM TOTALS			

I attest that all information submitted above is accurate and correct.

Signature

Date of Submission