

200-Hour RYS Standards  Category	Minimum Hours		Notes on Category
	Total	Contact	
<b>1. Techniques Training/Practice</b> —Includes asanas, pranayamas, kriyas, chanting, mantra, meditation, and other traditional yoga techniques. These hours must be a mix between (1) analytical training in how to teach and practice the techniques, and (2) guided practice of the techniques themselves; both areas must receive substantial emphasis.	100	75 (50 with primary E-RYT <sup>s</sup> *)	Contact hours in this category must be in a dedicated YTT environment (into which others might occasionally be invited) rather than in classes intended for the general public.  Although Yoga Alliance honors and respects related disciplines and traditions, both contact and non-contact hours are limited to areas that fall within the scope of traditional yoga studies.
<b>2. Teaching Methodology</b> —Includes principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga.	25	15 (10 with primary E-RYT <sup>s</sup> *)	Although your curriculum may include more than 5 hours on business aspects of teaching yoga, a maximum of 5 such hours can be counted.
<b>3. Anatomy &amp; Physiology</b> —Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc).	20	10	A minimum of 5 hours must be spent applying A&P principles to yoga.
<b>4. Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers</b> —Includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers.	30	20	A minimum of 2 contact hours must be spent on ethics for yoga teachers.
<b>5. Practicum</b> —Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching.	10	5 with primary E-RYT <sup>s</sup> *	A minimum of 5 contact hours must be spent actively teaching (not assisting or observing others teach).
<b>Remaining Hours</b> - Hours to be distributed among the categories above according to the school's chosen emphasis (may be contact or non-contact hours).	15		
<b>Remaining contact hours</b> required to meet the overall minimum standards; these hours must be distributed among the five numbered categories above, and may be taught by any faculty members.		55	Total required minimum contact hours for each standards category are indicated in the preceding column. As long as the minimum number of required contact hours in each category is satisfied, the remaining 55 contact hours may be distributed among the five categories as your school chooses.
<b>Total Hours</b>	200	180	

\*or equivalent