



Registered Yoga Teacher Application Guide





Yoga Alliance Standards form the foundation of each credential and establish the ethical and educational framework for yoga providers globally. Credentials are granted to individuals and schools that meet these Standards and adhere to the Ethical Commitment.

Yoga Alliance Ethical Commitment

The shared Ethical Commitment unifies Registered Yoga Teachers (RYTs) and Registered Yoga Schools (RYSs) around shared principles to strengthen and uphold the highest ethical standards in yoga instruction to pursue progress towards a more equitable and harmonious community, where all individuals can find their place in a yoga practice.

All Yoga Alliance RYT and RYS owners will sign onto the Ethical Commitment upon registration.

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Member Benefits



Yoga Alliance members receive comprehensive tools, resources and community support to grow and thrive. With exclusive discounts, continuing education, events, a globally recognized credential, and essential tools and resources, members are empowered to share their expertise and experience with the world.

Exclusive Discounts

We partner with like-minded organizations to bring you exclusive offers and big savings on products and services supportive of your practice and profession. Member discounts include essentials like insurance and software tools.

Business, Financial and Legal Resources

Yoga Alliance members can access professional resources like liability waivers, legal templates, our budget calculator, and business resource guide.

Directory

The Yoga Alliance Directory is a great way for members to market themselves, expand their reach, network and connect with potential students and employers.

Events

Our robust community supports you and your learning, and our events give members the opportunity to connect, collaborate and learn from each other.

Continuing Education

We are all students of yoga. Members get access to 600+ hours of Continuing Education content to inspire additional learning and professional growth.



Professional Credentials

Master new skills and demonstrate your expertise with professional credentials to stand out to employers and clients. Yoga Alliance offers credentials for yoga providers that encourage quality teaching and inclusive yoga spaces.

Yoga Research

From our Scientific Research on Yoga work to the Yoga in the World study, Yoga Alliance is committed to driving the industry forward and expanding access to the practice.

Advocacy and Government Lobbying

That means advocating for you when important national and state issues may affect your business and livelihood like private post-secondary education laws, small business support, worker classification, implementing yoga in schools, and more.

Visit our [Member Benefits page](#) for more information on benefits and resources.



Maintaining your Membership

Yoga Alliance membership unlocks opportunities for lifelong learning and provides the resources you need for your professional path and personal practice.

All members must adhere to the shared Ethical Commitment, complete Continued Education hours, and pay annual membership dues for uninterrupted access to Yoga Alliance resources and benefits.

See page 13 for the steps on submitting Continuing Education requirements.

1st Year Membership and Application Costs

Registration Fees & Membership Dues	Amount
Application Fee (one time, non-refundable)	\$50
Membership Dues (annual)	\$65
1st Year Total	\$115

*The application fee for the Experienced Teacher Pathway is \$85 to cover the careful and comprehensive assessment of your application. The total cost for the first year is \$150.

Registered Yoga Teacher Application



Follow these steps to apply for your Registered Yoga Teacher credential:

#1 Compile the following materials to complete your application

- Program start and end dates
- Training program certificate (digital copy) and designation (ex: RYS, 200, RYS 300, RYS 500)
- Name of the Registered Yoga School (RYS) and that offered the program
- Application fee and 1st year membership dues

#2 Submit program confirmation request by following the steps below:

- Go to www.yogaalliance.org.
- Select "Join" in the top right corner
- Follow the prompts to create your account and submit contact information
- Once logged in, select "Basic Dashboard" at the top right corner of the page. Scroll down and under "How Would You Describe Yourself?" select the "Teacher" tab.

A screenshot of the Yoga Alliance website's application interface. At the top, there are two tabs: 'Yoga School' (light green) and 'Yoga Teacher' (dark green, selected). Below the tabs, the heading 'Apply for an RYT Credential' is displayed. A paragraph explains that the Yoga Alliance offers the Registered Yoga Teacher (RYT) credential to those who have completed training with a Registered Yoga School (RYS) and committed to continuing education. Below this, a question asks 'What credential would you like to apply for?'. There are six credential options arranged in a 2x3 grid. Each option includes a circular icon, the credential name, its level, a brief description of requirements, a 'Show more' link, and a 'Select' button. The credentials are: RYT 200 (Foundational-Level), E-RYT 200 (Professional-Level), RYT 500 (Professional-Level), E-RYT 500 (Professional-Level), RYT (Specialty-Level), and RPYT (Specialty-Level).

Credential	Level	Requirements Summary
RYT 200	Foundational-Level	Teachers can apply for the RYT 200 credential after completing a 200-hour yoga teacher training with a RYS. All training hours must be completed with the same school, as multiple trainings cannot be combined to meet the 200-hour...
E-RYT 200	Professional-Level	Once registered, an E-RYT 200 can provide Continuing Education workshops to RYT's. To apply for the E-RYT 200 credential, teachers must have successfully completed a 200-hour yoga teacher training with an RYS and gained a minimum...
RYT 500	Professional-Level	Teachers can apply for the RYT 500 after completing 500 hours of yoga teacher training registered with Yoga Alliance. This can either be completed with one school or through a combination of a 200-hour training plus an additional 300-hour...
E-RYT 500	Professional-Level	
RYT	Specialty-Level	
RPYT	Specialty-Level	

Registered Yoga Teacher Application



(application steps, continued)

- Enter your training Start Date and exact End Date. The end date should match the date on your certificate. (see photo below)
- Enter the name of your RYS and click “Search”.
- Click “Select” next to the correct result
- You will be prompted to upload a digital version of your certificate. Click “Browse for File”.
- Once your photo uploads, click “Send Request”.
- If you are registering for a credential that requires teaching hours, scroll down and select “Teaching Hours.”

Add Training Program

Program Details

Upload Certificate

Get Confirmation

Select Program Designation*

☐ RYS® 200

☐ RYS® 300

☐ RYS® 500

Enter Program Dates

Please enter the dates of your training program.
The end date should match the date on your certificate.

Start Date*  End Date* 

mm/dd/yyyy mm/dd/yyyy

Find your Registered Yoga School test 

School Name* (or any part of the name)

Filter by City ▼

Registered Yoga Teacher Application



(application steps, continued)

- Wait until you receive an email confirmation from your School. This can take up to 14 days to be completed.
- Once you receive the confirmation email, log back into your account on Yoga Alliance and select the “Teacher” tab and complete the registration/membership payment. The initial cost for an RYT membership is \$115. It includes a one-time registration fee of \$50 and the membership fee of \$65 per year.
- After completing the payment, you can leave your school a review to finish the registration process.

School Review Survey - 1000 Petaled Lotus Yoga Academy

Responses are **NOT ANONYMOUS** and **CANNOT BE EDITED OR REMOVED** once they have been submitted. Responses to this survey, including ratings and comments, are shared with your school and Yoga Alliance and may appear on the school's public profile. Your overall recommendation rating will always be displayed with your name on the school's public profile.

Overall School Recommendation Rating

How likely are you to recommend 1000 Petaled Lotus Yoga Academy teacher training program to a friend or fellow yoga teacher? This will appear on the RYS public profile as a 0-5 star rating

1 2 3 4 5 6 7 8 9 10
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Not Likely at All Extremely Likely

General Comments

Provide any comments that you would like to share about your experience with 1000 Petaled Lotus Yoga Academy teacher training program. Please Note: Your school has the option to make all comments public or keep them all private. Any comments you share may be made public and will be attributed to you. Comments cannot be edited once they are posted.

Please Be Aware

- All of what you are submitting will be visible to 1000 Petaled Lotus Yoga Academy and to Yoga Alliance.
- 1000 Petaled Lotus Yoga Academy may choose to display your comments and ratings on their public profile.
- 1000 Petaled Lotus Yoga Academy will be able to respond publicly to any comments.

Continue

Experienced Teacher Pathway to Registered Yoga Teacher



You must meet the following requirements to be eligible for the Experienced Teacher Pathway:

- Complete a minimum of 500 hours training from no more than 3 pathways of study* and provide documentation of the training(s)
- Minimum 10 years of teaching completed after your first 200 hours of training
- 5 years of teaching experience after 300 hours of additional training.
- Minimum 3,000 hours of teaching in multiple modalities with documentation of the experience(s).

#1 Compile Application Materials and Review Sample Resources

Use this checklist to gather your materials and get ready to apply. Click the links for examples:

- Letter intent ([click here for an example](#))
- Yoga resume ([click here for an example](#))
- Official training documents (certificate, diploma, or signed letter)
- Recommended additional training documentation (examples: graduation photos, final exams, journals, training manuals, etc.)
- Contact information (name, email, and phone number) for three (3) references: a student, colleague and teacher.
 - References will verify ethical integrity, expertise, and experience via survey sent to the email address provided

Experienced Teacher Pathway to Registered Yoga Teacher



#2 Submit your Application

- Start your application by creating an account or logging in
- Select E-RYT 500 under the Teacher Credentials, then follow the prompts for the Experienced Teacher Pathway.
- Submit your qualifications, experience, proof of training materials, and references
- Wait for your references to respond – you will be notified as they do
- Submit the \$85 USD non-refundable application fee
- Receive the Yoga Alliance Team's response within 3-4 weeks. If approved, pay the \$65 USD annual membership fee.



Your membership must be currently active to upgrade. Follow these steps to upgrade your RYT Designation:

- Go to www.yogaalliance.org and log into your account.
- Select “Teacher Dashboard” at the top right-hand corner.
- Scroll down to “Upgrade Options.” Then, select your upgrade designation.
- If needed, scroll down and select “Add Teaching Hours.” Follow the prompts to log your required teaching hours.
- If you recently completed a training, select “Add Training Program.” Follow the prompts to submit a Program Confirmation Request. You will receive an email when the request is confirmed.
- Once you receive an email from us, log back into your account and Select “Pay Now” beneath your upgrade qualification details. Follow the prompts to submit your payment. There is a one-time \$50 upgrade fee.
- Lastly, you must review your RYS. Select “Review Now” on your invoice page to review your RYS and complete your upgrade.

Adding YACEP

The YACEP designation is available to Experienced Registered Yoga Teacher (E-RYT) members. E-RYTs may add the YACEP credential to their membership at any time by following the below steps:

- Go to www.yogaalliance.org and log into your account.
- Select “Teacher Dashboard” at the top right-hand corner.
- Under “Account Information” select the green button that says “Add YACEP”
- Complete Legal Agreements and Payment of \$20 USD per year.

Continuing Education Requirements



All Registered Yoga Teachers must complete 75 hours of continuing education every three years from the date of their initial registration. This total number of hours should include:

- 45 hours teaching yoga, and
- 30 hours of yoga training that is directly related to one of the four Educational Categories

Additional Details

- Training hours completed prior to Yoga Alliance registration do not count toward your first CE cycle.
- Additional hours accumulated beyond 30 hours within a three-year period may not roll over into the next three-year period.
- Each CE cycle begins on the date a member finishes their registration as an RYT and resets every 3 years.

Steps to Submit Continuing Education Courses

The way you enter your hours depends on who you took the course from. If you completed a course with an instructor with the YACEP credential and it was not a Yoga Alliance digital event, follow these steps:

- Go to www.yogaalliance.org and log into your account.
- Click "Teacher Dashboard" at the top right.
- Click "Add Hours" under "Training Hours" on the right.
- Scroll down to select the type of course you completed.
- Select "In person with a YACEP." Follow the prompts to submit your training with a certificate.
- Input in your "Start Date" and "End Date".
- Enter in the YACEP instructor's name. Click on "select".
- Next, you will "Select Your Course" and send request.

Once the request is sent, your YACEP will confirm the request. If the request isn't confirmed within 10 days, reach out to your YACEP.

Continuing Education Requirements



If your course was taken with an instructor not registered as a YACEP* or you are logging a Yoga Alliance digital event, follow these instructions:

- Go to www.yogaalliance.org and log into your account.
- To Click "Teacher Dashboard" at the top right.
- Click "Add Hours" under "Training Hours" on the right.
- Select "Taught by someone who is NOT a YACEP."
- Select the type of hours. Click "Yes" when the system asks if your provider met the qualifications.
- Enter the instructor's name.
- Click the check box for "I assert that my Continuing Education Provider meets the above requirements".
- Input in your "Start Date" and "End Date", as well as the "Continuing Education Activity."
- Enter the hours of completion of the course in the educational category chart.
- Click "Assert" and "Save" when finished.

*An individual is qualified to offer continuing education if they meet one of the criteria below:

- A currently registered YACEP
- A currently registered E-RYT 200 or E-RYT 500
- A professional with significant experience (a minimum of 500 hours of teaching in the subject, and/or the equivalent of two years of relevant experience in that subject) and education in a subject related to at least one Educational Category.

Steps to Submit Continuing Education Courses

1. Log in to your Yoga Alliance account and navigate to your Teacher Dashboard.
2. From your Teacher Dashboard, select the menu item on the left for "My Teaching Hours."
3. On the next page, select the green button to "Add Teaching Hours."