



Standards for Registered Yoga Schools



Table of Contents



Overview	3
Standards Guidelines	4
Member Benefits	9
Member Overview	11

CREDENTIAL OPTIONS

Registered Yoga School 200	13
Registered Yoga School 300	22
Registered Yoga School 500	27
Registered Children's Yoga School	32
Registered Prenatal Yoga School	36

Have questions on the RYS process or standards?

[Visit our Help Center](#) to view articles, ask questions, or schedule time to speak to a Yoga Alliance team member.



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.



Yoga Alliance currently offers five different RYS credentials, each of which has similar but different standards underlying it.

Yoga Alliance developed the below guidelines for all of its Registered Yoga Schools (RYSs).

#1 Yoga Alliance Standards

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.

A school may be registered with Yoga Alliance when a yoga teacher training program:

- Has a definite, pre-defined curriculum with competencies and sub-competencies that meet Yoga Alliance's standards;
- Offers a training program that is taught by experienced yoga teachers who are qualified to train others to become yoga teachers; and
- Offers a consistent approach that supports authenticity of lineage, style, or methodology, rather than a survey of different approaches.



#2 Educational Categories

For RYS 200 Credentials

New standards underlying the RYS 200 credential took effect for newly registered schools starting February 27, 2020. The new standards condensed the Educational Categories (detailed below) from five to four, creating a “common core” curriculum that ensures a shared understanding of foundational yoga concepts amongst all RYS 200s while still providing flexibility for each RYS to honor tradition.

The four Educational Categories include:

- Techniques, Training, and Practice;
- Anatomy and Physiology;
- Yoga Humanities (formerly Yoga Philosophy, Lifestyle, & Ethics); and
- Professional Essentials (includes merged Educational Categories of Teaching Methodology and Practicum).

For RYS 300, RYS 500, RCYS, and RPYS Credentials

RYSs with the RYS 300, RYS 500, RPYS, and RCYS credentials allocate instructional hours according to five Educational Categories and distinguish between contact, non-contact, and elective hours.

- Techniques, Training, and Practice
- Teaching Methodology
- Anatomy & Physiology
- Yoga Philosophy, Ethics, & Lifestyle
- Practicum.

In addition to the Educational Categories listed above, the Yoga Alliance specialty credentials—the RCYS and RPYS—share a sixth Educational Category: General Background in the Specialty Area.



#3 Lead Trainer, Trainer, and Other Faculty Registered Yoga Teacher (RYT) Requirements

All hours in an RYS program must be taught by Lead Trainers, Trainers, or Other Faculty that meet the requirements below:

LEAD TRAINER

All foundational-level programs must also hire E-RYT 500s as their Lead Trainers. Specialty programs (RCYS, RPYS) must hire E-RYTs that also have the appropriate specialty teacher credential (RCYT, RPYT respectively).

All Lead Trainers must be active members of Yoga Alliance and be in good standing.

TRAINER

RYSs may employ additional Trainers who must also be active RYT with Yoga Alliance and be in good standing.

OTHER FACULTY

At times, an RYS may choose to employ other Trainers (referred to as Other Faculty) who are not registered with Yoga Alliance. Other Faculty must hold the following qualifications in the subject(s) they will teach:

- A relevant degree, certification, or substantial education; and
- A minimum of either 500 hours of teaching experience or two years of relevant experience.



#4 Classroom and Contact Hours by Lead Trainer

A Registered Yoga School may employ up to five (5) Lead Trainers. All Lead Trainers for RYS 200 programs must hold the E-RYT 500 credential.

All other RYS programs, including current RYS 200 programs that have not yet up-leveled to the new RYS 200 credential, vary with respect to the minimum number of contact hours taught by the Lead Trainers, the maximum number of Lead Trainers themselves, and the credentials held by the Lead Trainers. Three of the five Educational Categories—Techniques, Training, Practice; Teaching Methodology; and Practicum—have hour requirements that must be taught by Lead Trainers.

RYS Credential	Minimum Hours Taught by Lead Trainer	Number of Lead Trainer(s)	Credential Held by Lead Trainer(s)
RYS 200	150 of 200 hours	1 to 5	E-RYT 500
RYS 300	135 to 300 hours	1 to 5	E-RYT 500
RYS 500	200 of 500 hours	1 to 5	E-RYT 500
RCYS	37 of 95 hours	1 to 5	E-RYT, RCYT
RPYS	36 of 85 hours	1 to 5	E-RYT, RPYT



#5 Subjects of Study

Yoga Alliance honors and respects disciplines and traditions related to yoga, but all required hours for each designation (IE: 200 hours of the RYS 200) must be directly related to the Educational Categories and cannot contain information that does not related directly to yoga.

[A detailed list of specific topics that are not eligible can be found in this Help Center article.](#)

#6 Distance Learning

Yoga Alliance Registered Yoga Schools (RYSs) can offer training programs in multiple formats, including 100% in-person, 100% distance learning, or a mix of both.

RYSs are now required to deliver a minimum of 15% of the program hours in a synchronous format (teachers and students gather online at the same to interact in real-time).

RYS Credential	Minimum Synchronous Hours
RYS 200	30 hours
RYS 300	45 hours
RYS 500	75 hours
RCYS	14 hours
RPYS	13 hours



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.

1st Year Membership and Application Costs

Registration Fees & Membership Dues	Amount*
Membership Dues (annual)	\$240
Application Fee (one time, non-refundable)	\$400
First Year Total	\$640

*A Registered Yoga School may hold multiple RYS credentials. Pricing listed is per credential.

School Credential Options



Overview

Within the Elevated Standards is a shared core curriculum inclusive of lineage, style, and methodology. This curriculum includes a clear breakdown of four Educational Categories and 12 competencies encompassing respective sub-competencies*.

1. Techniques, Training and Practice;
2. Anatomy and Physiology;
3. Yoga Humanities; and
4. Professional Essentials

Schools must clearly explain within the application process how they will assess the trainees' competency in each Educational Category for integration and application of knowledge.

Each RYS program should assess the knowledge, skills and experiences of its trainees before issuing a 200-hour yoga teacher training certificate.

If students can't demonstrate proficiency in the material taught, RYS programs should not graduate students simply because they have completed the teacher training.

*For each training area, the enhanced application system requires a minimum of 0.5 hours per sub-competency.

Techniques, Training, Practice – 75 Hours

ASANA

Core Competency	Description
Historical Context	What content will your training cover regarding the historical context of asana?
Poses specific to RYS's lineage—must include sukhasana and savasana	What poses specific to your lineage (in addition to sukhasana and savasana) will you cover? How will you cover these poses?
Complete sequencing (asana, pranayama, meditation) to achieve particular effect safely	What will your trainees learn through guided practice?
Shared anatomical and alignment principles plus contraindications	What shared anatomical, alignment, and contraindication principles are delivered? How do you integrate these concepts into your trainees' understanding of asana?

MEDITATION

Core Competency	Description
Key meditation terms	What key meditation terms does your training cover? How are these integrated into trainees' understanding of meditation?
Meditation methods by lineage	What meditation methods are covered in your training?
Ability to practice school's chosen meditation practice	How will trainees be prepared to practice your school's meditation method?
Chanting, mantras, and mudras	What chanting, mantra, and mudra practices does your training cover? How are you integrating these techniques into the trainees' understanding of meditation?

RYS 200: Core Curriculum & Competencies



Techniques, Training, Practice – 75 Hours

PRANAYAMA & SUBTLE BODY

Core Competency	Description
Historical Context	What content will your training cover regarding the historical context of pranayama and subtle body?
Effects of pranayama on anatomy and subtle body	What content will your training cover regarding the effects of pranayama on anatomy and the subtle body?
Complete sequencing of pranayama safely, including alternatives and adaptations	How do you define complete sequencing of pranayama? To what alternatives and adaptations will trainees be introduced?
Ujjayi, Nadi Shodhana, Kapalabhati, among others	What pranayama techniques are you covering in your training? How are you teaching these techniques?
Koshas, kleshas, chakras, nadis, and prana vayus	How are you teaching the foundational knowledge of the koshas, kleshas, chakras, nadis, and prana vayus?

Anatomy & Physiology – 30 Hours

ANATOMY

Core Competency	Description
Skeletal system – Major bones	What major bones of the skeletal system will your training cover? How will this be related to the trainees' understanding of the skeletal system?
Skeletal system – Types of joints	What types of joints will your training cover? How will this be related to the trainees' understanding of the skeletal system?
Skeletal system – Major muscles involved in asana	What major muscles will your training cover? How will this be related to the trainees' understanding of the skeletal system and asana?
Skeletal system – Types of contraction	What types of contraction will your training cover? How will this be related to the trainees' understanding of the skeletal system?

PHYSIOLOGY

Core Competency	Description
Nervous system, incl. 'fight, flight, freeze' stress response, vagal theory, overall mind-body connection	What foundational concepts of the nervous system does your training cover? How is this information related to the overall mind-body connection?
Cardiovascular/circulatory, endocrine, digestive systems as they relate to yoga practice	What content does your training cover regarding the cardiovascular/circulatory, endocrine, and digestive systems? How will this be related to the trainees' understanding of the yoga practice?
Respiratory system, incl. muscles that affect breathing, involuntary vs. voluntary breath, and how air enters and leaves the body	What content does your training cover regarding the respiratory system? How will this be related to the trainees' understanding of the muscles that affect breathing, of involuntary vs voluntary breath, and of how air enters and leaves the body?

RYS 200: Core Curriculum & Competencies



Anatomy & Physiology – 30 Hours

BIOMECHANICS

Core Competency	Description
Types of joint movement	What types of joint movement does your training cover (i.e., flexion, extension, abduction, adduction)? How will this be related to the trainees' understanding of movement in yoga?
Joint stabilization	What content does your training cover regarding joint stabilization? How will this be related to the trainees' understanding of movement in yoga?
Safe movement as it pertains to balancing, stretching, awareness, and physical limitations	What content does your training cover regarding safe movement? How will this be related to the trainees' understanding of balancing, stretching, awareness, and physical limitations?
Contraindications, misalignments, adaptations	What content does your training cover regarding contraindications, misalignments, adaptations? How will this be related to the trainees' understanding of movement in yoga?

RYS 200: Core Curriculum & Competencies



Yoga Humanities – 30 Hours

HISTORY

Core Competency	Description
Term “yoga”	What content will your training cover regarding the historical context of the term “yoga”?
School’s lineage, style, and methodology	What content will your training cover regarding your school’s unique lineage and the intention for offering a training of this style? How does your methodology prepare trainees’ to be teachers?
Dates and key ideas such as the Vedas, Vedanta, Hatha, Colonial, Modern	What key dates and ideas does your training cover regarding the history of yoga? What time periods receive a substantial emphasis in your program?

PHILOSOPHY

Core Competency	Description
Definition of yoga and key terms	What are the broad terms that your training will cover related to yoga philosophy? How does your training define yoga?
Familiarity w/ major yogic texts (i.e., Yoga Sutras, Bhagavad Gita, Upanishads, Hatha Yoga Pradipika)	What major yogic texts are covered in your training? How will these texts be integrated into your training?
Self-reflection on how philosophy relates to practice	What self-reflection techniques are provided to the trainees? How do you encourage self-reflection in your training as it pertains to the study of yoga philosophy?

RYS 200: Core Curriculum & Competencies



Yoga Humanities – 30 Hours

ETHICS

Core Competency	Description
Awareness of Yoga Sutras or similar yogic ethical precepts	What ethical concepts does your training cover as it relates to yoga? How will these concepts be integrated into your training?
Relationship to Yoga Alliance's Ethical Commitment	How are you covering Yoga Alliance's guidelines, and how are the concepts integrated into your trainees' understanding of ethics?
Comprehension of and responsibility to increase equity in yoga	What specific content is covered in your training as it relates to equity in yoga? For example, how might you cover the overarching pathway of diversity, inclusion, and accessibility?
Accountability measures	What accountability measures and resources do you have in place to promote ethical teaching practices? How will you integrate this into your trainees' understanding of ethics?
Self-reflection on how yoga ethics relate to practice and teaching	How do you encourage self-reflection in your training as it pertains to ethics and teaching?

RYS 200: Core Curriculum & Competencies



Professional Essentials – 50 Hours

TEACHING METHODOLOGY

Core Competency	Description
Sequencing	How do you prepare trainees to safely teach a well-rounded class? What sequencing tools are provided to trainees?
Pace	What pacing techniques are covered in your training? How do these concepts prepare trainees to safely teach?
Environment	What content is covered regarding how to create a safe, accessible, and welcoming environment? How do these concepts prepare trainees to safely teach?
Cueing (verbal, visual, physical)	What is your training's position on the different types of cues (verbal, visual, physical)? How does your specific methodology prepare trainees to safely teach?
Class management	What content is covered regarding overall class management? How do these concepts prepare trainees to understand group dynamics and their role as a teacher?

Professional Essentials – 50 Hours

PROFESSIONAL DEVELOPMENT

Core Competency	Description
Yoga-related professional organizations, including the Yoga Alliance Credentialing Process	How do you address professional development in relation to yoga-related organizations? How do you encourage the trainees to seek RYT registration following the training? What tools do you provide to assist them with this?
Ethical Commitment, including Scope of Practice, Code of Conduct, and Equity Position Statement	How does your training cover the Ethical Commitment as it pertains to the business and profession of yoga?
Lifetime of learning and continuing education	How do you address and encourage continuing education?
General professionalism, including timeliness, consistency, cleanliness	What professionalism guidelines do you provide for trainees?
Marketing and promotion	What introductory marketing tools or business concepts are covered to support trainees' growth?
Liability insurance, waivers, invoicing	What tools are shared to help trainees understand business elements such as liability insurance, waivers, and invoicing?

PRACTICUM

Core Competency	Description
Knowledge, skills, experience across 12 key competencies	What opportunities are trainees given to show understanding of all competencies covered? How will the trainees put their knowledge, skills and experience into practice?
Mentorship component, incl. apprenticeship, feedback	What mentorship, apprenticeship, or feedback opportunities do you offer your trainees?

RYS 300 Standards



The following are Yoga Alliance's Standards for a Registered Yoga School that offers a 300-hour advanced training. An RYS may offer a 300-hour advanced training without also providing the foundational 200-hour training.

A RYS 300-hour advanced training is designed to build upon and deepen the trainee's understanding of the fundamental concepts of the practice and teaching of yoga that are generally taught at the RYS 200-hour level. A RYS 300-hour advanced training prepares its trainees to teach principles and techniques of yoga that are more advanced, more detailed, and/or subtler, and the training enables them to teach with greater skill than could reasonably be expected of a RYT 200.

Topics for registered teacher trainings must be relevant to the five Educational Categories as defined below. Registered schools must provide a minimum number of hours of study for each category and must also provide additional hours of study relevant to these categories, which may be distributed according to the school's chosen emphasis.

A RYS with an advanced 300-hour training (RYS 300) must incorporate training hours in the following Educational Categories for the 300-hour training:

1. Techniques, Training, and Practice
2. Teaching Methodology
3. Anatomy and Physiology
4. Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers
5. Practicum

Each RYS program should assess the knowledge, skills and experiences of its trainees before issuing a 300-hour yoga teacher training certificate.

If students can't demonstrate proficiency in the material taught, RYS programs should not graduate students simply because they have completed the teacher training.



Techniques, Training and Practice – 50 Hours
MINIMUM CONTACT HOURS: 25 HOURS
MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 25 HOURS

This material shall foster an enhanced understanding and experience as compared to the content of your school's RYS 200 or foundational Techniques, Training and Practice sessions.

Topics in this category could include, but are not limited to: 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.

Teaching Methodology – 5 Hours
MINIMUM CONTACT HOURS: 5 HOURS*
MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 5 HOURS

Topics in this category could include, but are not limited to:

- Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries.
- How to address the specific needs of individuals and special populations, to the degree possible in a group setting.
- Principles of demonstration, observation, assisting and correcting.
- Teaching styles.
- Qualities of a teacher.
- The student learning process.
- Business aspects of teaching yoga (including marketing and legal).

The Teaching Methodology category shall cover additional teaching methods and principles beyond what was covered in your RYS 200 syllabus content. See the example topics below to help clarify the differences between the Techniques, Training and Practice category and the Teaching Methodology category:



Example Techniques, Training and Practice Topics

The Five Categories of Asana: The trainee will practice and learn the key poses in each category of asana (standing poses, forward bends, backbends, twists, and inversions) and will begin to develop a relationship to both the form and the function of these different categories.

Maps of Alignment: Trainees will achieve comprehension of the alignment maps for each of the five categories of asanas through observation and experience of how the poses in each category share a common foundation, and how to build upon this foundation.

Example Teaching Methodology Topics

Principles of Demonstrating Asanas: Discuss how effective demonstrations in class can help emphasize an alignment or other focus for the specific pose or sequence of poses.

Learning Modalities: identifying your dominant style, and learning how to teach based on others' learning styles.

Use of Language and Voice: Lecture and discussion on active vs. passive language and the effective use of each; positive and conscious communication, and habitual speech and communication patterns.



Anatomy and Physiology – 15 Hours*

MINIMUM CONTACT HOURS: 10 HOURS

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 0 HOURS

Topics in this category could include but are not limited to: human physical anatomy and physiology (bodily systems, organs, etc.) and may also include energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of anatomy and physiology along with its application to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers – 30 Hours

MINIMUM CONTACT HOURS: 25 HOURS**

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 0 HOURS

Topics in this category could include, but are not limited to:

- Further and deeper study of yoga philosophies and traditional texts (such as the Yoga Sutras, Hatha Yoga Pradipika or Bhagavad Gita) than what was included in your school's RYS 200 syllabus content.
- Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma.
- Ethics for yoga teachers, such as those involving teacher – student relationships and community.
- Understanding the value of teaching yoga as a service and being of service to others through yoga (seva).

*Special Requirement: A minimum of ten of the above hours must be spent applying anatomy and physiology principles to yoga.

**Special Requirement: A minimum of 2 of the above Contact Hours must be spent on ethics for yoga teachers.



Practicum – 30 Hours

MINIMUM CONTACT HOURS: 15 HOURS*

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 5 HOURS

Topics in this category include:

- Practice teaching (does not include assisting, observing or giving feedback).
- Receiving and giving feedback.
- Observing others teaching.**
- Assisting students while someone else is teaching.

Remaining Contact Hours and Elective Hours

All 300 hour teacher trainings must include 300 hours of training hours.

1. Of the 300 hours, 270 hours must be Contact Hours.
 - a. Non-Contact Hours are the number of hours of learning that occur without a faculty member present. Examples of allowable Non-Contact hours may include: reading, written assignments, or attending yoga classes outside of the program.
2. 80 of the 270 Contact Hours are assigned to specific Educational Categories.
3. The remaining 190 Contact Hours are distributed amongst the Educational Categories based on your training's focus.

*Special Requirement: Each trainee must spend a minimum of 5 Contact Hours actively practice teaching as the lead instructor. These hours may include when the trainee receives feedback on his/her teaching. Time spent assisting, observing others teaching, or giving feedback to others is excluded from these hours.

**Evaluation or observation of yoga classes outside of the RYS Teacher Training constitute as Non-Contact Hours.



The following are Yoga Alliance's Standards for a Registered Yoga School that offers a 500-hour advanced training. Topics for a RYS teacher training must be relevant to Yoga Alliance's five Educational Categories as defined below.

A RYS 500 must include the minimum number of hours in each Educational Category. Once minimums are met, the RYS can choose how to distribute the remaining hours of study within these Educational Categories.

A RYS with a 500-hour training (RYS 500) must incorporate training hours in the following Educational Categories for the 500-hour training:

1. Techniques, Training, and Practice
2. Teaching Methodology
3. Anatomy and Physiology
4. Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers
5. Practicum

Each RYS program should assess the knowledge, skills and experiences of its trainees before issuing a 500-hour yoga teacher training certificate.

If students can't demonstrate proficiency in the material taught, RYS programs should not graduate students simply because they have completed the teacher training.



Techniques, Training and Practice – 150 Hours
MINIMUM CONTACT HOURS: 100 HOURS
MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 100 HOURS

Topics in this category could include, but are not limited to: 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.

Teaching Methodology – 30 Hours
MINIMUM CONTACT HOURS: 20 HOURS*
MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 20 HOURS

Topics in this category could include, but are not limited to:

- Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries.
- How to address the specific needs of individuals and special populations, to the degree possible in a group setting.
- Principles of demonstration, observation, assisting and correcting.
- Teaching styles.
- Qualities of a teacher.
- The student learning process.
- Business aspects of teaching yoga (including marketing and legal).

The Teaching Methodology category covers a broad overview and analysis of teaching methods, rather than how to practice specific techniques. See the example topics below to help clarify the differences between the Techniques, Training and Practice category and the Teaching Methodology category:

*Special Requirement: A maximum of five hours related to the business aspects of teaching yoga may be counted towards the Yoga Alliance Contact Hours requirements for this category.



Example Techniques, Training and Practice Topics

The Five Categories of Asana: The trainee will practice and learn the key poses in each category of asana (standing poses, forward bends, backbends, twists, and inversions) and will begin to develop a relationship to both the form and the function of these different categories.

Maps of Alignment: Trainees will achieve comprehension of the alignment maps for each of the five categories of asanas through observation and experience of how the poses in each category share a common foundation, and how to build upon this foundation.

Example Teaching Methodology Topics

Principles of Demonstrating Asanas: Discuss how effective demonstrations in class can help emphasize an alignment or other focus for the specific pose or sequence of poses.

Learning Modalities: identifying your dominant style, and learning how to teach based on others' learning styles.

Use of Language and Voice: Lecture and discussion on active vs. passive language and the effective use of each; positive and conscious communication, and habitual speech and communication patterns.



Anatomy and Physiology – 35 Hours*

MINIMUM CONTACT HOURS: 20 HOURS

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 0 HOURS

Topics in this category could include but are not limited to: human physical anatomy and physiology (bodily systems, organs, etc.) and may also include energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of anatomy and physiology along with its application to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers – 60 Hours

MINIMUM CONTACT HOURS: 45 HOURS**

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 0 HOURS

Topics in this category could include, but are not limited to:

- Further and deeper study of yoga philosophies and traditional texts (such as the Yoga Sutras, Hatha Yoga Pradipika or Bhagavad Gita) than what was included in your school's RYS 200 syllabus content.
- Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma.
- Ethics for yoga teachers, such as those involving teacher – student relationships and community.
- Understanding the value of teaching yoga as a service and being of service to others through yoga (seva).

*Special Requirement: A minimum of fifteen of the above hours must be spent applying anatomy and physiology principles to yoga.

**Special Requirement: A minimum of 4 of the above Contact Hours must be spent on ethics for yoga teachers.



Practicum – 40 Hours

MINIMUM CONTACT HOURS: 20 HOURS*

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 10 HOURS

Topics in this category include:

- Practice teaching (does not include assisting, observing or giving feedback).
- Receiving and giving feedback.
- Observing others teaching.**
- Assisting students while someone else is teaching.

Remaining Contact Hours and Elective Hours

All 500 hour teacher trainings must include 500 hours of training hours.

1. Of the 500 hours, 450 hours must be Contact Hours.
 - a. Non-Contact Hours are the number of hours of learning that occur without a faculty member present. Examples of allowable Non-Contact hours may include: reading, written assignments, or attending yoga classes outside of the program.
2. 205 of the 450 Contact Hours are assigned to specific Educational Categories.
3. The remaining 245 Contact Hours are distributed amongst the Educational Categories based on your training's focus.
4. The last remaining 50 Hours may be allocated as Contact Hours or Non-Contact Hours.

*Special Requirement: Each trainee must spend a minimum of 10 Contact Hours actively practice teaching as the lead instructor. These hours may include when the trainee receives feedback on his/her teaching. Time spent assisting, observing others teaching, or giving feedback to others is excluded from these hours.

**Evaluation or observation of yoga classes outside of the RYS Teacher Training constitute as Non-Contact Hours.



The following are Yoga Alliance's Standards for a Registered Yoga School that offers a Children's Yoga training. Topics for RCYS's teaching teacher trainings must be relevant to Yoga Alliance's five Educational Categories as defined below. Additionally RCYS curriculum includes Requirements related to 'General Background in the Specialty Area'.

Registered schools must provide a minimum number of hours of study for each category and must also provide additional hours of study relevant to these categories, which may be distributed according to the school's chosen emphasis.

A RYS with a Children's training (RCYS) must incorporate training hours in the following Educational Categories for the 95-hour training:

1. General Background in the Specialty Area
2. Techniques, Training, and Practice
3. Teaching Methodology
4. Anatomy and Physiology
5. Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers
6. Practicum

Each RCYS program should assess the knowledge, skills and experiences of its trainees before issuing a specialty yoga teacher training certificate.

If students can't demonstrate proficiency in the material taught, RYS programs should not graduate students simply because they have completed the teacher training.



General Background in the Specialty Area – 12 Hours
 MINIMUM CONTACT HOURS: 12 HOURS
 MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 0 HOURS

Techniques, Training and Practice – 20 Hours
 MINIMUM CONTACT HOURS: 20 HOURS
 MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 15 HOURS

Includes the study and understanding of all childhood developmental stages from age 2-15 and how the issues of each stage impact what is appropriate for teaching them. The school may split ages 2-15 into age groupings as it sees fit (e.g., ages 2-4, 5-8, etc.; or pre-school, elementary school, middle school). All five of Yoga Alliance's Educational Categories are to address the specifics of appropriate developmental application for each age group. Also includes the understanding of the yoga teacher's relationships with parents/guardians and developmental specialists and basic communication skills for conducting those relationships.

Techniques, Training and Practice – 20 Hours
 MINIMUM CONTACT HOURS: 20 HOURS
 MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 15 HOURS

Includes yoga-based practices appropriate for child development, such as asanas, asana-based movement, yoga-based games and activities, breathing techniques and chanting.

Teaching Methodology – 15 Hours
 MINIMUM CONTACT HOURS: 15 HOURS
 MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 12 HOURS

Includes knowledge of classroom techniques, lesson plans and group processing for children's activities. Age-appropriate teaching skills for yoga class techniques (including how to phrase age-appropriate questions to a child) and effective communication skills (such as songs and stories) for working with children.



Anatomy and Physiology – 10 Hours

MINIMUM CONTACT HOURS: 10 HOURS

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 0 HOURS

Anatomy and physiology related specifically to changes during child development and their application to yoga techniques (see Techniques category above). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc). Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.).

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers – 12 Hours

MINIMUM CONTACT HOURS: 12 HOURS

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 0 HOURS

Includes basic yoga precepts as they relate to children and to teaching Yoga to children (e.g., the Yamas and Niyamas). Awareness of ethical behavior and state and local legal requirements as related to behavior with and supervision of children. Specific training in parameters and techniques of ethical touch with regard to teaching children. Basics of ethical language and behavior, both when parents or guardians are present and when they are not.



Practicum – 18 Hours

MINIMUM CONTACT HOURS: 18 HOURS*

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 10 HOURS

Practicum hours are divided between hours spent observing a specialty class and hours spent teaching a specialty class. A portion of each type of hours need to be with the Lead Trainer(s).

Observing teaching, Contact Hours: 6 hours (4 hours of these must be with Lead Trainer(s)).

These hours must be spent observing another teacher leading a children's yoga class. A portion of these hours must be spent with Lead Trainer(s).

Teaching, Contact Hours: 12 hours (6 hours of these must be with Lead Trainer(s) and at least 4 hours of the 6 hours must be as lead teacher).

These hours must be spent teaching a children's yoga class. A portion of these hours must be spent with Lead Trainers and as lead teacher of the class.

Remaining Contact Hours and Elective Hours

All RCYS teacher trainings must include 95 hours of training hours.

1. Of the 95 hours, 87 hours must be Contact Hours.

a. Non-Contact Hours are the number of hours of learning that occur without a faculty member present. Examples of allowable Non-Contact hours may include: reading, written assignments, or attending yoga classes outside of the program.

2. 87 of the 87 Contact Hours are assigned to specific Educational Categories.

3. The remaining 8 Hours are distributed amongst the Educational Categories according to the school's chosen emphasis (may be Contact or Non-Contact Hours).



The following are Yoga Alliance's Standards for a Registered Yoga School that offers a Prenatal Yoga training. Topics for RPYS's teaching teacher trainings must be relevant to Yoga Alliance's five Educational Categories as defined below. Additionally RPYS curriculum includes Requirements related to 'General Background in the Specialty Area'.

Registered schools must provide a minimum number of hours of study for each category and must also provide additional hours of study relevant to these categories, which may be distributed according to the school's chosen emphasis.

A RYS with a Prenatal training (RPYS) must incorporate training hours in the following Educational Categories for the 85-hour training:

1. General Background in the Specialty Area
2. Techniques, Training, and Practice
3. Teaching Methodology
4. Anatomy and Physiology
5. Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers
6. Practicum

Each RPYS program should assess the knowledge, skills and experiences of its trainees before issuing a specialty yoga teacher training certificate.

If students can't demonstrate proficiency in the material taught, RYS programs should not graduate students simply because they have completed the teacher training.



General Background in the Specialty Area – 5 Hours

MINIMUM CONTACT HOURS: 5 HOURS

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 0 HOURS

Understanding the yoga teacher's relationship with health care professionals. Knowing when to suggest that the student consult a health care professional regarding pregnancy issues. Understanding of psychological considerations during pregnancy and how to differentiate between high-risk and non-high-risk pregnancy.

Techniques, Training and Practice – 25 Hours

MINIMUM CONTACT HOURS: 25 HOURS

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 18 HOURS

Includes yoga techniques specialized to the needs of the pregnant person, including practice and teaching skills for trimester-specific yoga techniques. Techniques include: alignment for the expectant parent, appropriate yoga techniques for each trimester, how to practice yoga techniques safely and relaxation and stress management techniques.

Teaching Methodology – 10 Hours

MINIMUM CONTACT HOURS: 10 HOURS

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 6 HOURS

Includes design of lesson plans for the beginning and/or advanced student during each trimester.



<p>Anatomy and Physiology – 10 Hours MINIMUM CONTACT HOURS: 10 HOURS MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 0 HOURS</p>
<p>Human anatomy and physiology (both physical and subtle body) related specifically to considerations during pregnancy. Topics include but are not limited to: overview of what is normal anatomy and physiology during pregnancy, how organs function during pregnancy, overview of the complications, including miscarriage, premature labor, hypertension, preeclampsia and body mechanics.</p>
<p>Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers – 5 Hours MINIMUM CONTACT HOURS: 5 HOURS MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 0 HOURS</p>
<p>Includes traditional yoga philosophy as it may apply to lifestyle and well-being during pregnancy.</p>



Practicum – 20 Hours

MINIMUM CONTACT HOURS: 20 HOURS

MINIMUM CONTACT HOURS WITH LEAD TRAINERS: 12 HOURS

Practicum hours are divided between hours spent observing a specialty class and hours spent teaching a specialty class. A portion of each type of hours need to be with the Lead Trainer(s).

Observing teaching, Contact Hours: 10 hours (6 hours of these must be with Lead Trainer(s)).

These hours must be spent observing another teacher leading a prenatal yoga class. A portion of these hours must be spent with Lead Trainer(s).

Teaching, Contact Hours: 10 hours (6 hours of these must be with Lead Trainer(s) and at least 4 hours of the 6 hours must be as lead teacher).

These hours must be spent teaching a prenatal yoga class. A portion of these hours must be spent with Lead Trainers and as lead teacher of the class.

Remaining Contact Hours and Elective Hours

All RPYS teacher trainings must include 85-hours of training hours.

1. Of the 85 hours, 75 hours must be Contact Hours.
 - a. Non-Contact Hours are the number of hours of learning that occur without a faculty member present. Examples of allowable Non-Contact hours may include: reading, written assignments, or attending yoga classes outside of the program.
2. 75 of the 75 Contact Hours are assigned to specific Educational Categories.
3. The remaining 10 Hours are distributed amongst the Educational Categories according to the school's chosen emphasis (may be Contact or Non-Contact Hours).

Questions?



For guidance or assistance on applying to any of these designations, download the Application Guide for Registered Yoga Schools.

For additional information, our Help Center offers several resources:

- [Become a Registered Yoga School](#)
- [Membership and Benefits](#)

You can also contact us or set up a call if you still have questions:

- [Contact us](#)
- [Schedule a call](#)