

Yoga Alliance 2025 Board Recruitment FAQs

Role & Compensation

- **Is this a paid position?**
No. Directors serve as volunteers; Yoga Alliance reimburses all reasonable board-related expenses.
- **How many new board members are you looking to bring on board?** This cycle is recruiting up to 4 candidates.
- **Because this board position is a volunteer position, would Yoga Alliance be financing the travel costs for board members to gather in person?** Yes, Yoga Alliance reimburses all reasonable board-related expenses.

Eligibility & Basic Requirements

- **Are there any years of experience required as a yoga teacher to serve on the board?**
We welcome folks of all backgrounds and experience levels, including those who aren't yoga teachers as they can provide us with perspectives for how to engage yoga practitioners.
- **Is board service open to US RYT's only? Or can RYT's outside of the US apply?**
Holding the Registered Yoga Teacher (RYT) credential is not required for applying.

Desired Skills & Attributes

- **What skills, characteristics, or experience is the organization specifically looking for in new board members?**
See [Role Description](#).
- **In addition to the skills discussed, are there any specific soft skills that have helped board members?**
Soft skills such as active listening, strategic thinking, consensus building, respect, and trust are valuable for this role.
- **Does one need to be based in the USA?**
No, in fact, one of our criteria this year are individuals with a global perspective who live/work outside of the USA.

Board Structure, Meetings, Committees, & Time Commitment

- **Does the CEO (Executive Director) report to the Board?**
Yes. The CEO is the board's main employee. The Board Chair and Executive Committee are responsible for evaluation of the CEO.

- **Are the in-person meetings at the same site or do they move to different places throughout the year/term/etc.?**
They are typically hosted in the DMV (Washington, DC, Maryland, Virginia) area near the Yoga Alliance office in Arlington, Virginia.
- **What is board activity between meetings like?** Board members serve approximately 6-10 hours per month. They are asked to serve on one committee, which meets monthly, as well as engage in self-assessments, and pre-reading of materials before committee and board meetings.
- **Do all board members serve in one of the three committees?** Yes. See above question and [Role Description](#) document.
- **Are there board member at large positions or do all board members have to serve on one of the four committees?** All board members serve on one committee and rotate their responsibilities. See YA Bylaws for more information.
- **As you move to two governing boards will they continue to meet together or separately? Will the bylaws remain the same for both?** The 501(c)(6) Yoga Alliance and 501(c)(3) Yoga Alliance Foundation boards convene jointly for most agenda items and recess into separate sessions for fiduciary matters. Each maintains its own bylaws.
- **What if you want to join a committee and decide not be on the board?** The committees are part of the organization of the board. They do not operate independently of the board.
- **Since there are only four meetings per year, what is the attendance policy for board members?** They are typically hosted in the DMV (Washington, DC, Maryland, Virginia) area near the Yoga Alliance office in Arlington, Virginia.
- **How far ahead are the 2 in person meetings scheduled each year?** Usually 9-12 months in advance.
- **How many hours per week would you say is the time commitment?** 6-10 hours per month between monthly committee meetings, pre-read materials, two in-person board meetings from a Wednesday-Sunday per year, and occasional self-reflections and additional tasks as needed.
- **When you do the online meetings, is it after "business" hours or during the 8-5 timeframe (and what time zone)?** We usually hold monthly committee meetings around 11am-5pm ET.
- **Where does the meeting occur?** Our two board meetings are held in the Spring and Fall near our headquarters in Arlington Virginia. These are scheduled around 9+ months ahead of time (so we are currently in the process of setting next year's dates). I usually encourage folks to block Wednesday - Sunday the board meeting week, with the official meeting & retreat times from Thursday Morning - Saturday Evening.

Strategy, Impact & Measurement

- **How often is the Strategic Plan reviewed and updated?** The current strategic plan is for 2024-2030 and is the first for YA. You can find it [here](#).
- **Does Yoga Alliance have Strategic Pillars (foundational commitments)?**
Yes. You can find these in the [Strategic Plan](#).
The three foundational commitments are:
 - Uplift the Transformative Power of Yoga

- Surface and Reduce Barriers to the Practice
- Build, Engage, and Support this Community
- **How does the board measure its success?** The board sets annual goals for the organization and evaluates progress on those goals throughout the year.

Application & Selection Process

- **For professional reference on application can it be a character professional reference or yoga training reference?**
We're looking for a reference from someone that has worked with the candidate in a work or professional setting. Please list one reference who has worked with you in a professional or organizational setting (not necessarily yoga-related).
- **Is adding 8 Board members a strategic decision toward growth or is it replacing members rolling off?** This year, we are adding up to 4 new board members. This is part of our strategy for staggered terms and in alignment with long-term succession planning.
- **I previously submitted my application, but I don't remember what all was included. How can I ensure that my expertise is reflected in the application?** Please complete your application for this year. If you possess the skills/criteria we are seeking, we will connect with you. If not, we thank you for your application and engagement in our process. We will announce new board members in 2026.
- **What if a potential applicant is not a 100-percent match with the skillsets you are looking for?** We hope that all applicants have a passion for Yoga Alliance and Diversity, Equity, Inclusion, Accessibility, and Belonging (DEIAB). However, we don't expect every candidate to possess all the skillsets. Rather, we are looking for folks who strongly represent at least one of the skills.
- **Do you have to be a YA member to nominate, apply, or serve?** No.
- **Will you be considered if you apply without a nomination?** Yes.
- **Will interviews be in person or virtually?** They will be conducted virtually.
- **How do we confirm that our application was received?** When you apply, you will receive an email confirmation as well as notification of completion at the end of the form.
- **How long does it take to complete the application?** Our intention was to make an application process that is accessible but also provides us enough information for making a decision and shows that the applicant is serious about the position.

Community and Other Volunteering

- **Has the board organized any programs for community outreach or hosted any events to foster camaraderie amongst yoga teachers in different regions?** The work of the Board is connected to the work of YA, and these kinds of programs and events are organized by the staff. Please be sure you're a member and [signed up for emails](#) to learn about events.
- **Does the board have any involvement in fostering/enhancing community engagement?** Yes, that's an important part of the [Strategic Plan](#).