



**Standards for  
Registered Yoga Teachers**

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Have questions on the RYT application?

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



# Overview

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 RYTs and RYS owners will sign onto the Ethical Commitment upon registration.**



# 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.



# Member Benefits

## 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.



# Becoming a Member

## 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
Application Fee (one time, non-refundable)	\$50
Membership Dues (annual)	\$65
<b>1st Year Total</b>	<b>\$115</b>

\*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.



# Credential Options

Yoga Alliance offers 6 teacher credentials, each backed by the Yoga Alliance Standards

The most common way to qualify for membership is to attend a yoga teacher training with a Registered Yoga School (RYS). Experienced teachers may qualify for the Experienced Teacher Pathway, even if they did not attend a RYS.

This guide will help you navigate the application process and determine which teacher credential is right for you.

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# RYT 200

Teachers can obtain the RYT 200 credential after completing a 200-hour yoga teacher training registered with Yoga Alliance.

Multiple trainings cannot be combined to meet the 200-hour requirement.

## Training Requirements

- Completed a 200-hour training with a RYS 200

## Teaching Requirements

- None

Not sure if your training was from a Registered Yoga School?

1. Check the [Yoga Alliance School Directory](#).
2. Visit the [“Become a Register Yoga Teacher ” FAQ section](#) of our Help Center for next steps or to contact us





# RYT 500

Teachers can obtain the RYT 500 credential after completing a 500-hour yoga teacher training registered with Yoga Alliance. The 500 required hours of training can be completed either in a single, 500-hour program, or by combining a 200-hour training with a separate 300-hour advanced training. In the case of separate 200-hour and 300-hour trainings, the two programs may take place at different yoga schools if each school holds an active RYS designation.

After the completion of a RYS 200 or RYS 500 yoga teacher training, applicants must complete at least 100 teaching hours.

## Training Requirements

- Completed a 500-hour teacher training with a RYS 500,

–OR–

- Completed a 200-hour teacher training with a RYS 200 PLUS an additional 300 hours of training with either the same RYS or a different RYS that is registered as a RYS 300

## Teaching Requirements

- Has at least 100 hours of teaching experience since completing training with a RYS 200 or RYS 500



# E-RYT 200

Teachers can register as an E-RYT 200 after successfully completing a 200-hour yoga teacher training registered with Yoga Alliance and teaching for a minimum of two years post-training. Training must take place in a single 200-hour RYS program; shorter or partial trainings (from the same RYS or across multiple RYSs) cannot be combined to meet the required number of hours.

Applicants must complete 1,000 teaching hours after they have successfully graduated from an RYS 200 yoga teacher training to qualify for this designation.

## Training Requirements

- Completed a 200-hour teacher training with an RYS 200

## Teaching Requirements

- Has at least 1,000 hours of teaching experience since completing training with an RYS 200
- Has taught for at least two years since completing training with an RYS 200



# E-RYT 500

There are two paths to qualifying as an E-RYT 500:

1) Teachers can register as an E-RYT 500 after completing a 500-hour yoga teacher training registered with Yoga Alliance and teaching for a minimum of four years post-training.

The 500 required hours of training can be completed either in a single, 500-hour program, or by combining a 200-hour training with a separate 300-hour advanced training. In the case of separate 200-hour and 300-hour trainings, the two programs may take place at different yoga schools if each school holds an active RYS designation.

Applicants must submit 2,000 teaching hours for this designation. 1,500 hours must be taught after completing a RYS 200 or RYS 500 yoga teacher training. The remaining 500 teaching hours must be taught after completing a RYS 300 or RYS 500 yoga teacher training.

Once registered, an E-RYT 500 can provide Continuing Education workshops to other teachers and/or be a Lead Trainer of a 200, 300, or 500-hour teacher training.

**-OR-**

2) Teachers demonstrate that they meet the Experienced Teacher Pathway criteria (see page 14)



RYT's of any designation can register as a Registered Children's Yoga Teacher (RCYT) after completing a 95-hour children's yoga teacher training registered with Yoga Alliance. Teachers may complete their RCYT and RYT programs in any order but cannot register as a RCYT until the RYT has been completed.

Applicants must submit 30 teaching hours in children's yoga, which must be performed after completing a yoga teacher training with a Registered Children's Yoga School (RCYS).

## **Training Requirements**

- Completed at least a 200-hour teacher training with a RYS 200
- Completed a 95-hour teacher training with a Registered Children's Yoga School (RCYS)

## **Teaching Requirements**

- Has at least 30 hours of teaching experience in children's yoga since completing training with a RCYS



RYT of any designation can register as a Registered Prenatal Yoga Teacher (RPYT) after completing an 85-hour prenatal yoga teacher training registered with Yoga Alliance. Teachers may complete their RPYT and RYT programs in any order but cannot register as a RPYT until the RYT has been completed.

Applicants must submit 30 teaching hours in prenatal yoga, which must be performed after completing a yoga teacher training with a Registered Prenatal Yoga School (RPYS).

## Training Requirements

- Completed at least a 200-hour teacher training with a RYS 200
- Completed an 85-hour teacher training with a Registered Prenatal Yoga School (RPYS)

## Teaching Requirements

- Has at least 30 hours of teaching experience in prenatal yoga since completing training with an RPYS

# Experienced Teacher Pathway



The Experienced Teacher Pathway (ETP) is a pathway to an E-RYT 500 registration for experienced teachers with expertise in yoga who did not attend a Registered Yoga School.

This pathway promotes inclusivity across all yoga lineages and methodologies and honors the full breadth and depth of yoga wisdom in our global community.

This supports our mission by creating an equitable and accessible path for new members to continue their professional growth and development, without undermining the traditional pathways or the standards for which an E-RYT credential stands for.

## Steps to Submit an ETP Application

### #1 Check Your Qualifications and Application Requirements

To be eligible for this pathway, you must meet the following requirements:

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

\*Pathways of Study: A dedicated, integrated focus of study from a singular school, style, or tradition of yoga.



# Questions?

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

For additional information, our Help Center offers several resources:

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

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

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