

I. Registration Information Please print or type all responses.

The minimum information displayed when your name is returned as a result from a search of our online registry for "Find a Teacher" is: First Name, Last Name, Country, State, City, Zip, Website (if you have one) and Languages.

Please select what level designation you are registering for: RYT 200 RYT 500

Name: _____
First Middle Initial Last

Address: _____
Street City State Zip Country

Phone: _____ Email: _____

Website: _____ Languages Spoken: _____

2. School Information

Attach a copy of your graduation certificate, or any documentation issued by the school, with this application form.

School Name: _____

Address: _____
Street City State Zip Country

Phone: _____ Email: _____ Website: _____

Director of Teacher Training: _____
First Middle Last

Is the Director registered with Yoga Alliance? Yes No If Yes, Designation: _____ Registrant ID#: _____

If No, please complete information below:

Relevant Certification(s): _____
 Yoga Teaching Experience: _____
 Other Information: _____

3. Continuing Education Requirements

RYTs must complete continuing education every three years to maintain their designation and continue to grow their yoga knowledge and teaching skills. Continuing education consists of both:

- **Teaching Hours (45)**
 - Acquired by teaching 45 hours of yoga
- **Training Hours (30)**
 - Acquired by receiving additional yoga training both classroom and out of classroom hours are eligible as follows:
 - **At least 10 Contact Hours:**
 Contact Hours are classroom hours in the physical presence of a qualified yoga teacher or instructor. Continuing education contact hours can be obtained through yoga teacher training, workshops, courses and discussion or study groups, in any of the five educational categories.
 - **No more than 20 Non-Contact Hours:**
 - One Non-Contact Hour for continuing education is equal to five hours or 300 minutes and can consist of:
 - Reading a book or article or watching a video that deepens your yoga practice and understanding
 - Taking an online or correspondence course related to yoga
 - Publishing yoga books or articles in newsletters, newspapers or magazines
 - Producing yoga videos
 - Receiving mentoring by telephone through a yoga-related program
 - Creating class materials for distribution to students

4a. Curriculum Guidelines

Contact Hours Requirements

- **Contact Hours:** A contact hour is a classroom hour in the physical presence of a faculty member. Contact hours in each educational category must be in a dedicated teacher training environment (into which others might occasionally be invited) rather than in classes for the general public.
- **Non-Contact Hours:** All outside resources should be thoughtfully chosen to support the training and be relevant to yoga and/or anatomy and physiology. Non-contact hours must be an assigned part of the curriculum and may include:
 - **Reading, Audio/Video, Internet** that incorporate an assessment including reports, class discussions, presentations or tests
 - **Written Assignments** on yoga-related topics, may be counted for all categories except Practicum
 - **Group Activities** including directed discussion, techniques practice or teaching practice
 - **Evaluation of Outside Yoga Classes**, each class must be evaluated via a written or oral exercise and may count for up to two hours of credit towards Techniques, Teaching Methodology or Practicum categories
- **Electives:** Can be contact or non-contact hours.

Educational Categories

- **Techniques Training & Practice:** asana, pranayama, kriyas, chanting, mantra, meditation and other traditional yoga techniques. Hours may include (1) analytical training in how to teach and practice the techniques, and (2) guided practice of the techniques themselves.
- **Teaching Methodology:** 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.
- **Anatomy & Physiology:** both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). This includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc).
- **Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers:** the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers.
- **Practicum:** practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching.

Educational Category	RYS 200 Minimum Hours		RYS 500 Minimum Hours	
	Total	Contact	Total	Contact
1. Techniques Training/ Practice	100	75 (50 with Primary E-RYT's)	150	100 with Primary E-RYT's
2. Teaching Methodology	25	15 (10 with Primary E-RYT's)	30	20 with Primary E-RYT's
3. Anatomy & Physiology	20	10	35	20
4. Yoga Philosophy/ Lifestyle/ Ethics	30	20	60	45
5. Practicum	10	5 (all with Primary E-RYT's)	40	20 (10 with Primary E-RYT's)
Electives	15		185	
Remaining Contact Hours		55		245
Total Hours	200	180	500	450 (200 with E-RYT's, 100 with E-RYT 500's)

4b. School Curriculum

Please photocopy the following page as much as necessary and complete for each program that you would like to register. You must use this grid.

Level of Program: _____		Page : ____ of ____			
Educational Categories	Sessions <i>Briefly describe topic</i>	# of Hours <i>Choose one option below</i>			Total Hours
		Contact Hours w/ Primary E-RYT	Contact Hours w/ Other Faculty	Non-Contact Hours	
Techniques Training & Practice					
		Total Hours in Techniques, Training & Practice			
Teaching Methodology					
		Total Hours in Teaching Methodology			
Anatomy & Physiology					
		Total Hours in Anatomy & Physiology			
Philosophy, Lifestyle & Ethics					
		Total Hours in Philosophy, Lifestyle & Ethics			
Practicum					
		Total Hours in Practicum			
TOTAL HOURS IN PROGRAM					

6. Code of Conduct and Legal Agreement

Our code of conduct is a declaration of acceptable ethical and professional behavior by which all registrants agree to conduct the teaching and business of yoga. It is not intended to supersede the ethics of any school or tradition but is intended to be a basis for yoga principles. As a RYT®, E-RYT® or representative of a RYS®, I agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner.
- Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.
- Respect the rights, dignity and privacy of all students.
- Avoid words and actions that constitute sexual harassment.
- Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
- Follow all local government and national laws that pertain to my yoga teaching and business.

I understand that I am granted by Yoga Alliance® for one year the limited, non-exclusive use of a level-specific registration mark and the appropriate initials after my name (together referred to as "Registry Mark"), which indicates to the public that I meet the Yoga Alliance minimum standards. Yoga Alliance retains the right to review my credentials at anytime. Yoga Alliance may revoke my right to use the Registry Mark for cause, including failure to uphold the standards set forth in the code of conduct.

I hereby state that all information provided in connection with this application is true to the best of my knowledge. I hereby agree to meet the conditions set forth above for use of the Registry Mark and to be listed as a Registered Yoga Teacher (RYT). I understand that falsifying information in connection with this application will result in revocation of these privileges. I agree to meet all conditions imposed by Yoga Alliance in order to maintain these privileges.

Signature: _____ Date: _____

7. Payment and Application Submission

Fee structures are as follows:

Non-Registered School	New Registration (Includes Processing Fee and Annual Fee)	
	U.S., Canada, Mexico	International
Standard Designations		
RYT 200	\$155	\$235
RYT 500	\$205	\$285

Make check payable to "Yoga Alliance" and mail with application to:

Yoga Alliance, 1701 Clarendon Boulevard, Suite #110, Arlington, VA, 22209

Once your application is approved, you will receive a letter with your Registry ID# and Registration Card. You will then be able to log in on our website to renew and upgrade your registration, as well as update your contact and directory information.