



## Continuing Education Standards

*Effective January 1, 2004*

### Overview

The purpose of the CE standards is to insure that all RYT's continue to refine their teaching skills and educational process.

### Standards

The continuing education standards call for **75 total hours** of training and teaching experience combined every three years. To continue to be a part of the registry, a RYT 200 or 500 will need to complete the following two items in each three year period:

1. Teach a minimum of **45 classroom hours** of yoga.
2. Accumulate **30 CEUs** (Continuing Education Units), at least **10 of which must be contact CEUs** (explained below).

### Contact CEUs:

Contact hours should reflect education reaching beyond the current acquired level of training. Contact CEUs can be accrued through appropriate yoga teacher training (s), workshops, courses, and yoga discussion/study groups in any of the five Yoga Alliance-identified subject categories. One contact CEU equals 60 minutes of class time in the physical presence of a **qualified yoga teacher or instructor**.

RYT's may include hours assisting in YA registered teacher training programs provided that assistance involves the dissemination of the course content and not administrative work.

RYT 500s with 5,000 hours of teaching experience (**Grandfathered RYT 500 or ERYT 500**) do not need to report contact CEUs, but must obtain a total of 30 CEUs as stated above. RYT 500s with 5,000 hours of teaching experience do not need to continue to report the specifics of the CEU but will be asked to state they have completed those hours.

### Qualified CEU providers:

**A qualified CEU provider** (Yoga Teacher, Instructor, or Adjunct Faculty) are required to substantiate one of the following:

- **ERYT 200 or 500 (or equivalent).**
- **RYT 500 (or equivalent).**

(Continues)

Instructors or Adjunct Faculty of Anatomy/Physiology or Yoga Philosophy, Lifestyle, and Ethics are required to have one of the following in order to teach continuing education courses or assist a Qualified Yoga Teacher:

- A related degree or certification in Anatomy & Physiology.
- A related degree or certification in Yoga Philosophy, Lifestyle, and Ethics.
- A combined 100 hours or more of education and teaching experience from the 2 above stated categories.

Instructors or Adjunct Faculty of Anatomy & Physiology or Philosophy, Lifestyle and Ethics may only teach classes in their area of expertise.

### **Non-Contact CEUs:**

One non-contact CEU equals five hours (300 minutes) of non-contact study. Non-contact CEUs may be accrued by any of the following activities:

- Reading a book or article that supports the deepening of your yoga practice and understanding.
- Working with a yoga video that supports the deepening of your yoga practice and understanding.
- Taking an on-line course related to yoga.
- Taking a correspondence course related to yoga.
- Being mentored by telephone through a yoga-related program.
- Publishing yoga books or articles in newsletters, newspapers, magazines.
- Developing yoga class materials for distribution to students or
- Producing yoga videos.

### **YA Standard Categories:**

Contact and non-contact CEUs can be obtained in any of the **five YA Standards categories:**

**1. Techniques Training/Practice**—Includes asana, pranayamas, 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.

**2. Teaching Methodology**—includes 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.

**3. Anatomy & Physiology**—Includes 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).

**4. Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers**—Includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers.

**5. Practicum**—Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching.

**Note: While studies in other related fields inform your teaching, unless the content is specifically and demonstrably applicable to refined yoga instruction in one or more of the above standard categories, such study does not qualify for CEUs.**

## **Administrative Details**

### ***Beginning the CE Cycle:***

Any RYT registered after December 31, 2004 will have three years from his/her initial registration date to complete the first three year CEU cycle.

With respect to registrants prior to 2004, the CE cycle began in 2007.

### ***Documentation:***

At the end of each three year CEU cycle, along with any updated registry information and annual renewal fee, the RYT will report the CEUs completed for the period. Provided below are grids on which to record continuing education and teaching activities throughout each three year continuing education cycle.

### ***Multiple Uses:***

Contact and non-contact hours used towards accumulating CEU hours are not to be used towards documentation of upgrading to the RYT 500 designation. For RYT 200s who are enrolled in an advanced YTT program, hours of that program may be used towards CEUs.

### ***Random audits:***

Random audits will be performed, asking selected RYT's to submit detailed documentation of their CEUs to Yoga Alliance. Please save your documentation for one year after the three year cycle.

### ***Extensions:***

Yoga Alliance recognizes that an RYT may have extenuating life circumstances that do not permit him/her to meet the CE requirements in a timely fashion. In such cases, the RYT may request in writing to be placed on inactive status at least 30 thirty (30) days prior to his/her renewal date. During a period of inactive status, a person may not represent himself/herself as a RYT. Inactive status will be noted on the YA internal database. The RYT will be restored to active status upon proof that CE requirements have been met, and the applicable renewal fee is paid. The RYT's three year cycle will begin on the date active status is restored.

An RYT who is not on inactive status, who misses a CE renewal deadline and wishes to renew must present proof that CE requirements have been met when renewing his/her registration.

***CE Carryover:*** If an RYT earns more than 30 CEUs in a given three-year CE renewal period, the excess hours **cannot** be carried over into the next three-year CE period.

### ***Exceptions:***

If you are unable to accumulate at least 10 Contact CEUs in the aforementioned standards categories from qualified instructors, please contact Yoga Alliance for further instruction no later than sixty (60) days prior to the expiration of your renewal date.

# YA Continuing Education Studies Grid

Name \_\_\_\_\_

First Middle Last

Street \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_ Zip \_\_\_\_\_ Country (if other than U.S.A.) \_\_\_\_\_

Phone: Home (\_\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ Website: \_\_\_\_\_

**Instructions:**

This grid should be used to track CEU hours every three years. Duplicate the grid if necessary. Please retain your completed grid. Every three years from your registration/renewal date, please submit a photocopy of this form and the proceeding teaching Experience Grid to Yoga Alliance when renewing your registration.

Please attach a flyer or any promotional material to this form when submitting your CEU documentation.

Program, Workshop, Conference or other Yoga related studies	Separation of Hours
	Contact
	N-Cont.
	Contact
	N-Cont.
	Contact
	N-Cont.
	Contact
	N-Cont.
	Contact
	N-Cont.
TOTAL HOURS ACCRUED	Contact
	N-Cont.

# YA Continuing Education Teaching Experience Grid

**Instructions:** This grid should be used to track 45 hours of teaching yoga classes during every three-year CE period. Please duplicate the grid if necessary.

Location	Dates	# Wks Teaching	# Classes Per Wk	Length Of Classes	Total Hrs
EXAMPLE – YMCA	1/2/98 3/1/98	8 wks	3 classes/wk	1.5 hrs	36 hours

**Please contact Yoga Alliance with any questions at:**

**[info@yogaalliance.org](mailto:info@yogaalliance.org) (CEU as subject)**

**Telephone: 877 964-2255**