

## YOGA ALLIANCE REGISTRATION INFORMATION

The US Yoga Alliance is a completely optional membership organization for professional yoga teachers. It's essentially a registry, a published list of yoga teachers who have completed a training program like you just did, from a school that has registered with the Yoga Alliance and followed all of their criteria for their school.

The Yoga Alliance describes itself as a voluntary credentialing system. Voluntary.

They basically provide guidelines for yoga schools, like Full Circle, about what needs to be included in a 200 hour yoga teacher training. There's a lot of debate about whether yoga teacher trainings SHOULD be standardized, and about what those standards should be, but I just recently went through the process myself of registering my yoga school with the Yoga Alliance, and I was actually quite impressed with their requirements.

They'll say, for example, how many hours the teacher training program needs to spend on certain subjects, such as anatomy, philosophy, ethics, and techniques, and practicum... while still leaving room for a lot of variation based on lineage and style. Standardizing yoga teachings seems like an almost impossible task to me, but I think the Yoga Alliance has done a fairly good job of ensuring that any SCHOOLS that register with them are at least covering the basics.

Because the Yoga Alliance has grown so popular, this "200 hour" system is basically THE yoga teacher training system. Even traditional yoga schools in India are now submitting to these standards.

As I'm sure you discovered when you were searching for what yoga school to do your training with, it is not NECESSARY to train with 200hr Yoga Alliance registered school, but as the Yoga Alliance basically lays out the ONLY standards system for yoga schools, it's considered very beneficial to make sure your school is a Registered Yoga School.

Full Circle, for example, is, of course a Yoga Alliance Registered Yoga School, and that was probably a factor in why you chose it. You'll see the little emblem with "RYS 200" by the school name—that means Registered Yoga School at the 200 hour level. That means that the program you are about to complete meets all of the Yoga Alliance requirements for a registered yoga school.

When you graduate from this program, your certificate from Full Circle is what makes you a certified yoga teacher. As soon as you graduate and receive your certificate, you're certified to teach. The certificate will even have that little RYS 200 emblem on it, to show that you have completed all of the requirements of a 200 hour program registered with the Yoga Alliance. At this point, you can call yourself a 200hr Yoga Teacher, a Yoga Teacher Certified at the 200hr Level, etc., and for most yoga studios that may hire you, your Full Circle certificate SHOULD be enough.

However, for professional reasons, some studios MAY want you to go through with the registration process of registering YOURSELF as a Yoga Alliance registered teacher. This is essentially just a matter of paying yearly membership dues to the Yoga Alliance to be listed in their registry. If you've ever seen someone use this emblem next to their name RYT 200, the R means "registered," so you should only use the title of RYT200 if you have actually paid registration fees to the Yoga Alliance. Like I said, if you choose not to register, you can still call yourself a 200hr Certified Teacher, but not a 200hr REGISTERED teacher, as registered means registered with The Yoga Alliance.

## REGISTRATION DUES

So, what are the registration dues? First, there's a one-time application fee of \$50. Then, every year that you're registered, you pay The Yoga Alliance \$65 for your dues. That means that your initial registration cost, if you choose to register, is \$115, and then another \$65 a year from now, and every year after.

Now, if you do decide to register, The Yoga Alliance also wants to make sure that all of their registered teachers are actively teaching and continually educating themselves, so, to maintain your registration, every three years starting right away from the initial registration, every registered yoga teacher has to submit evidence that they've done at least 30 hours of continuing education, and have taught at least 45 hours within that three year period. Now, the teaching hours are self-reported, so it's kind of on an honor system that you'll be honest... they just ask you to enter dates and locations for your teaching hours. The 30 hours of continuing education should be with what's called a YACEP, a Yoga Alliance Continuing Education Provider—someone who has registered their workshop with the Yoga Alliance—but they also accept continuing education from other sources if you can prove their legitimacy. 20 of those continuing education hours must be in-person, and 10 can be online, and they don't all have to be from one source—you could do multiple 5 hour workshops, for example. They just want to make sure that you're staying current in your yoga education

## BENEFITS

There are some nice benefits to being registered with the Yoga Alliance. For one, there are bulk discounts available only for registered yoga teachers at some big-name yoga brands, like Lululemon and Manduka. This can be really helpful if you're planning to open your own studio. There are discounts available for yoga teacher insurance, which is great.

There are also some online workshops and things that you can only access through their membership.

Again, it's totally up to you whether you decide to register. As I mentioned, most yoga studios will be perfectly happy with you being un-registered, but if you are wanting to teach for a large franchise, like a gym company such as LA Fitness or something, they'll probably require you to be registered with the Yoga Alliance just for that perceived added legitimacy. You might also run into some Public Liability Insurance companies requiring you to be Yoga Alliance registered in order for them to ensure you, but this is not normally the case.

I think the main benefit to being registered with the Yoga Alliance is if you ever plan to host or teach for Yoga Teacher Trainings yourself, or to host workshops that you would like to be accredited for continuing education with The Yoga Alliance. I'll explain what I mean.

The day that you register with the Yoga Alliance, you're designated as an RYT-200. You'll get the little emblem, and you can put this on your website, or in your Instagram bio, or whatever. Now, after A MINIMUM of 2 years, and a MINIMUM of 1,000 logged teaching hours (that you self-submit), you'll be qualified to upgrade your registration to an E-RYT 200—the E stands for "Experienced." You'll have to pay an additional \$50 upgrade fee to get your "E." At that point, you're eligible to register as a YACEP as well, which is a Yoga Alliance Continuing Education Provider, for an additional \$20 a year, which allows you to host workshops FOR other yoga teachers, which will count as continuing education for THEM.

Okay. Now, at any point from the day you get your 200hr certification from Full Circle onwards, you can take a 300 hour YTT, and that can be with any yoga school (it doesn't have to be with Full Circle). When you graduate from a 300 hour program, you can then upgrade your registration to a 500 hour RYT (the 300 hours is additional to your 200 hour, equaling 500 hours)-- (and there's a \$50 upgrade fee, of course). Some people even do their 300 hour immediately after taking their 200 hour training—before even qualifying for that “Experienced” E-RYT 200.

Okay, I know this is a lot of information, but bear with me.

Once you have your 500 hour certificate, if you've been teaching for a minimum of FOUR years, and have logged a minimum of 2,000 teaching hours—500 of which have to have been taught AFTER you finish your 500 hour training, THEN you can upgrade to an E-RYT 500. Again, with the E meaning experienced. Only at THAT point, are you qualified to be a LEAD TRAINER at a yoga teacher training. At least 150 hours of a 200-hour yoga teacher training must be taught by someone with the E-RYT 500 qualification.

Phew! Okay. So all of that is to say—if you plan to own a yoga studio one day, or if you plan to start your own yoga teacher training school one day, or if you'd like to host workshops specifically FOR yoga teachers, you should definitely register with the Yoga Alliance.

Otherwise, the good news is that your registration is not time sensitive. As far as I've been able to find out, there's not a time limit for how soon you have to register after graduating from this program. I've had students register two years or more after graduating with no problem.

So if you think you may just casually teach yoga a few times a week for an already established studio or gym, perhaps wait and see if those places require it, because you can always register then.

If you do decide to register, all you have to do is go the Yoga Alliance website, click Join at the top

Fill in your information, and then on the next page it will ask you to Choose your Yoga School.

You'll choose Full Circle Yoga School. They'll ask you to upload a copy of your signed Certificate from Full Circle, provide feedback and a review about the Full Circle teacher training, and pay your dues \$115 for registration and first year's dues. They'll then send your application to Full Circle to verify that you really did successfully complete the program, and once Full Circle verifies it with them, then you'll receive an email informing you that you are now an RYT200, with the little emblem that you can display.

And that's it!