Significantly Enhanced RYS Standards* and Other Initial Outcomes from the SRP

Significant Enhancements to Yoga Alliance’s Foundational-level RYS Credential:

1. **200 Hours = A Complete 200 Hours.** All required 200 hours of training must now be classroom hours (with up to 40 online in specific subjects) directly in support of a new “core curriculum” (up from only 125 of 200 being “contact hours,” attributed to educational categories).

2. **Focus on Competencies + Hours.** All RYS 200s will teach according to a shared understanding of foundational yoga concepts outlined in a “core curriculum” while retaining their flexibility to honor authenticity of lineage, style, or methodology. The new curriculum identifies four core categories with thirteen areas of competency, a shift from the existing five educational categories with undefined competencies.

3. **Required Assessment by RYS.** Prior to certification, all RYSs will now assess trainees’ knowledge, skills, and experience against the 13 competencies. Participation in Training ≠ Certification.

4. **Upgrades in Lead Trainer Qualifications.** February 2022, all RYS 200 Lead Trainers must hold the E-RYT 500 credential, up from E-RYT-200 or E-RYT 500 currently. At least 75% of the curriculum must be taught by qualified Lead Trainers, more than doubling the current requirement (32.5%). RYS Lead Trainers must also take a Pedagogy course provided by Yoga Alliance.

Greater Rigor and Integrity in the Application Process for Yoga Alliance Credentials:

5. **In-Depth Applicant Review.** Yoga Alliance has strengthened its RYS application and review process to include a review of syllabus, curriculum, and hours-by-competency allocation; the overall schedule; manual(s) and other training materials; letters of intent; and more.

6. **Panel Review Process for Fairness and Consistency.** Reviews will be conducted by an academic-style peer panel to ensure fairness, consistency, and thoroughness across applications.

7. **Re-Credentialing Process to Ensure Integrity.** RYS 200 credential holders will be asked to re-credential every three years to ensure they still meet the standards.

A Commitment to Ethics Befitting of a Yoga Teacher:

8. **Code of Conduct.** RYS and RYT credential holders will commit to ethical, safe, and inclusive behavioral conduct via an updated Code of Conduct.

9. **Scope of Practice.** RYT credential holders will commit to a Scope of Practice that clearly defines the role of a yoga teacher, including responsibilities and limitations.

10. **Equity in Yoga.** All YA credential holders will commit to a shared responsibility for awareness of and commitment to change the inequities that exist within yoga that result in many people feeling excluded and underrepresented in the practice. RYT credential holders will be asked to complete an online course on equity in yoga as a condition for any YA credential. Yoga Alliance will work with experts in the field of equity to develop the course, which will be complimentary for members and count toward an RYT’s Continuing Education requirement.

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*New RYS 200 standards to take effect February 2020 for new applicants and by December 31, 2021 for current schools. RYS 300 and RYS 500 standards updates to be announced June 2020.*