Meaningful Standards

Why the Standards Review Project Matters:

- Meaningful standards demonstrate to potential students that a teacher or school has met certain criteria and made commitments to become a qualified and safe educator.

- Evaluating and updating existing standards is a recommended practice in all professions, and many of you have asked Yoga Alliance to review our 18-year old standards.

- This is important to us because it is important to you. Ultimately, any revised or new standards developed will reflect the opinions and insights of current and former members, yoga wisdom-holders and thought leaders, and yoga students and potential yoga students of all backgrounds.

This critical and historic project will enhance the profession to better serve you and your students.

Why Review the Current Standards?

Our standards were created in 1999, and the world has changed a lot since then. It is our collective duty to evolve and grow, just as yoga itself has evolved and grown over time. New research and understandings in human physiology, inclusivity, accessibility, trauma sensitivity, cultural issues, yoga’s history, and yoga’s relationship to the healthcare and wellness communities have brought us to a point where the existing standards need a thorough review. By improving this primary support mechanism for teachers and schools to fit contemporary times, we can create a more advanced, safer, and more enlightened future.

What Is a Standards Review?

The Standards Review is a comprehensive look at all of the existing yoga teaching standards supported by Yoga Alliance. While the project has many facets, it is centered around two primary Areas of Focus:

1. **The Ethical Code of Conduct**
   - will lay the foundation for safer, more inclusive, and higher quality yoga education. The guidelines will establish a common understanding of what is and is not appropriate activity for a professional yoga educator.

2. **The Scope of Practice**
   - will include new guidelines to help clarify a yoga teacher’s role. It will describe what yoga teachers are trained to do, what they do in practice, and how their practices may shift in different environments.

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What Is the Review Process?

The Standards Review will bring together thousands of yoga teachers, expert thought and field leaders, wisdom holders, not-for-profit and for-profit business leaders, and yoga practitioners from around the world in a comprehensive and inclusive process. Much of this work is already in progress, and we are requesting your voice and assistance every step of the way.

How You Can Provide Input:

Working Groups
of 10-15 subject matter experts from within and outside yoga are addressing questions around eight areas of inquiry: Scope of Practice, Code of Conduct, Integrity, Inclusion, Teacher Qualifications, Core Curriculum, Teacher Trainer Qualifications, and Online Learning.

Town Hall Meetings
are happening to discuss relevant topics in group settings.

Focus Groups
and one-on-one interviews are further developing various ideas and perspectives.

The Standards Review Survey,
a significant feedback request, was conducted in seven languages among teachers and schools worldwide.

Yoga Alliance will compile and analyze all of this feedback and the working group recommendations to draft proposed changes to the standards.

After a lengthy, inclusive, systematic, and thorough review period, Yoga Alliance will compile and analyze all of this feedback and the working group recommendations to draft proposed changes to the standards.

Then, those options will be made available on public platforms online and in-person to invite all stakeholders to weigh in.

The final proposed revisions will then be brought to a member vote in 2019.