



YOGA ALLIANCE CONTINUING EDUCATION

What you need to know

Yoga Alliance Continuing Education

In order to continue learning and growing as a teacher, all Registered Yoga Teachers (RYT®s) must complete 45 hours of Continuing Education every three years.

This includes 30 hours of yoga training, of which:

- At least **10 hours** must be **Contact Hours** with a **qualified provider**,
- No more than **20 hours** may be **Non-Contact Hours**, and
- **All training hours** must be directly related to one of our four **Educational Categories**, where you are learning something that is new to you.

What are the four Educational Categories?

To count as Continuing Education, a course, workshop, training or class needs to directly relate to yoga and fall into one of the following categories:

Category name	What it means	Examples
Techniques, Training, & Practice (TTP)	How to do (practice) yoga	practicing inversions, pranayama, meditation, asana; alignment principles (e.g. in sun salutations)
Teaching Methodology (TM)	How to teach yoga effectively	sequencing; verbal cueing; principles of adjusting and assisting; how to market yourself and your business
Anatomy & Physiology (AP)	The physical and energetic bodies	skeletal and muscular systems; fascia; energetic bodies (chakras and nadis); how bodily systems work
Yoga Philosophy, Lifestyle, & Ethics (YPLE)	History, philosophy, ethics and lifestyle practices of yoga	yoga lineages; student-teacher relationships; yamas and niyamas; yoga texts such as the Sutras, Bhagavad Gita, and Upanishads

To learn more, please visit the [Continuing Education Requirements](#) page.

What's the Difference?

Yoga Alliance is often asked what is the difference between Techniques, Training, & Practice and Teaching Methodology.

Think about it this way:

- Are you learning how to do something yourself, like proper alignment in plank pose? If yes, it's Techniques, Training, & Practice (TTP).
- Are you learning how to teach something to someone else, like how to adjust a student who's doing plank pose incorrectly? In this case, it's Teaching Methodology (TM).

Learning how to do = Techniques, Training, & Practice

Learning how to teach = Teaching Methodology

What Topics Are Not Continuing Education?

Continuing Education relates directly to the study, practice, or teaching of yoga.

Topics that do not fall into our four Educational Categories, and do not relate directly to yoga include:

- Nutrition
- Juicing
- Organic farming/permaculture
- Reiki
- Thai massage
- Aromatherapy
- "Yoga therapy"
- Shamanism
- Chinese medicine

Why is this important to me?

In 2004, Yoga Alliance created Continuing Education Requirements. You are affected by these in one or more of the following ways:

- **As an RYT®**, you specify how many hours you studied in each Educational Category when adding or editing Continuing Education training.
- **As a YACEP®**, you categorize hours for each course you offer so participants know what Educational Categories you will teach. This information also goes on all your **certificates of completion**.
- **As an RYS®**, teachers who take an advanced training with you may want to know what hours they can count toward Continuing Education. You also use these same categories when creating your syllabus.



Questions? Contact Us!
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