

RYS 200 COMPARISON

2019 **CURRENT**

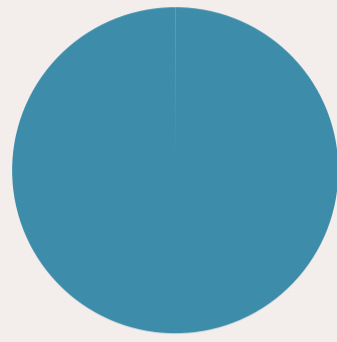
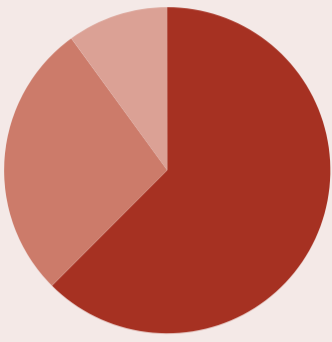


NEW 2020

OVERALL OPERATIONAL MODEL

Hours-Based* by Educational Category

Hours + Competencies-Based by Core Curriculum



125 Educational Category 55 Elective 20 Flexible

200 Classroom { 160 In-Person Classroom (min.)
40 Online Classroom (max.)

*All hours must be Contact with the exception of Flexible Hours, which may be Contact or Non-Contact

CURRICULUM MODEL

- 5 Educational Categories with minimal consistent curriculum
- No defined competencies
- No required assessment by the RYS of trainees



- 4 common Core Curriculum categories
- 13 defined competencies
- Required assessment by the RYS of trainees according to:



knowledge



skills



experience

ONLINE LEARNING

Not allowed



(up to) **40 allowed hours**

Anatomy & Physiology
Anatomy, Physiology, Biomechanics

20 (of 30) hours

Yoga Humanities
History, Philosophy, Ethics

20 (of 30) hours

LEAD TRAINER REQUIREMENT

The Lead Trainer can hold one of the two below credentials:

E-RYT 200 or E-RYT 500



The Lead Trainer must hold the credential below:

E-RYT 500 By Feb 2022



SHARED ETHICAL COMMITMENT AMONG RYT's



- Scope of Practice
- Code of Conduct
- Equity in Yoga