

## Registered Yoga School Application Form

**Use this application if you are applying for your training course to be accredited by Yoga Alliance UK at the 200 hour Level.**

Please carefully read all parts of this application before completing and returning together with all relevant supporting documentation (refer to checklist) to:

**YOGA ALLIANCE UK, 25 RODNEY STREET, EDINBURGH EH7 4EL**

Applicant's full name (this is the course director) \_\_\_\_\_

Applicant's telephone number and email \_\_\_\_\_

Training Course Trading Name \_\_\_\_\_

Training Course Website \_\_\_\_\_

Are you currently running Training Courses?  Yes  No

If yes, since when? \_\_\_\_\_

If no, when do you plan to start training? \_\_\_\_\_

Are you an existing Registered Senior Yoga Teacher?  Yes  No

If yes please provide your membership number \_\_\_\_\_

If no, please register as an SYT and include with application

Have you completed and enclosed everything on the checklist  Yes  No

**LEGAL AGREEMENT:** I understand that, IF APPROVED, I will be granted by Yoga Alliance UK for one year the limited non-exclusive use of a level-specific registration mark and the initials "RYS" (Registered Yoga School) after my name (together referred to as "Registry Mark"), which indicates to the public that I meet the Yoga Alliance UK Registered Yoga School minimum standards. Yoga Alliance UK retains the right to review my credentials at any time. Yoga Alliance UK may revoke my right to use the Registry Mark for cause, including failure to uphold the standards set forth in the Yoga Alliance UK Code of Practice. By my signature below, I represent that I meet the minimum educational and experience requirements of the RYS level for which I am applying. All information I have provided in connection with this application is true to the best of my knowledge. I hereby agree to meet the conditions set forth above for use of the Registry Mark and to be listed as a Registered Yoga School. I understand that falsifying information in connection with this application will result in revocation of these privileges. I agree to meet all conditions imposed by Yoga Alliance UK in order to maintain these privileges.

In signing this I agree to uphold the terms and conditions as defined in the application process.

X

\_\_\_\_\_  
Name

## RYS 200 Standards

Below is a grid showing the minimum contact hours for each stated category. Please print a copy of this table and fill in any additional relevant information. Please also tick the box to confirm you comply with the minimum standards.

Category	Total Hours	Contact Hours	Description
<b>Practice &amp; Training</b>	90	90	Includes progressive practice of traditional Yoga techniques with emphasis on asana, pranayama, kriya, and bandha, plus training in how to teach the above. The ratio of practice to training to be approximately 1:1  NOTES: Contact hours must take place in a dedicated environment and be taught by principal/senior teachers. Invited approved guest teachers may also contribute to contact hours to a maximum of 20 hours
<b>Teaching Methodology</b>	20	10	Learning to observe, demonstrate, motivate, be inclusive, and adapt to individual needs. Setting up classes and business skills.
<b>Philosophy and History of Yoga</b>	20	10	Study of both orthodox and unorthodox branches of yoga. Review of historical background to current yoga practice. Introduction to key texts including source texts of Hatha Yoga.
<b>Teaching Experience</b>	15	5	Observing and assisting in classes taught by qualified teachers. Also includes practising teaching in a class environment.  NOTES: 5 hours must be spent actively teaching in the presence of the tutor. The remaining hours can be spent observing and assisting in other teacher's classes.
<b>Anatomy &amp; Physiology</b>	20	10	(a) Covers current scientific understanding of anatomy and physiology with relevance to yoga techniques  (b) Covers Energetic concepts as described in Hatha and Tantric Yoga Texts.  NOTES: At least 10 hours on (a)
<b>Total from above</b>	145	125	The difference between the total hours and contact hours are non-contact hours and include home assignments, reading and class preparation, and are spread over the above categories as indicated.
<b>Remaining Contact Hours</b>		55	Provided the above minimum contact hour categories are met, the individual school is free to choose how to distribute the remaining hours from the above categories. Additional categories not stated above may be added. Please use the space below to outline them.
<b>Additional Category</b>			
<b>TOTAL HOURS</b>	200	180	

I confirm that my training course meets the above standards

## Terms and Conditions for becoming a Yoga Alliance UK Registered Yoga School (200 Hour)

### Course Assessment Procedure

Your training course must have a clear assessment procedure. According to the assessment process, a student may pass or have their certification deferred until the assessor feels the student has met the required standards. The standards for each teaching module must be clearly defined and made transparent to the students at all times. Students should be made aware of any areas where they have failed to meet the standards at the end of each module. All students must be provided with an Assessment grid after each module which clearly shows whether they have met the assessment criteria in each area.

### Support for Students Who Fail to Meet the Assessment Standards

Your training course must have the facility to provide support to enable students to reach the required standards if they so desire. Support may include, but is not restricted to, 'mentoring' by senior teachers, Continuing Professional Development training modules and workshops.

### Grievance Procedure

Your training course must include a written grievance procedure made available to all students.

### Teacher Manual

Your training course must have a well laid out Teaching Manual, used by the course tutors, which has the aims and content of each module clearly defined along with assessment criteria.

### Student Manual

Your training course must have a well laid out Student Manual, which clearly presents all relevant information for the course.

### Course Content Guidelines

Your training course must comply with the appropriate Training Table, which outlines the minimum hours required to meet the Yoga Alliance UK Certification standards. Please note that the course requires minimum contact hours, therefore we are unable to accept applications from Correspondence Courses.

### Continuing Professional Development Training

It is a requirement of every Registered Yoga School that they have continuing professional development (CPD) for all RYT200 members. This means that all teachers registered with Yoga Alliance UK at the 200 hour level (RYT200) are required to attend at least one CPD training module (usually a weekend) each year.

### Training Course Liability Cover

Your training course must be covered by Public Liability Insurance of at least £1,000,000.00.

### Liability Release Form

All trainee teachers on your training course must first complete a Liability Release Form excluding the venue, course and tutors from any personal liability for loss, damage or injury.

## Application Checklist

Please include all of the items requested below with your application.

To register your Teacher Training School / Program and become a Registered Yoga School you must first, as director or principal teacher, register as a [Senior Yoga Teacher](#).

- Proof of SYT status or SYT application
- Standards Table for RYS 200
- A course summary with each module clearly defined by its contents and aims
- A current reading list
- A copy of your assessment criteria and procedures
- A copy of your grievance procedure
- A copy of your Code of Conduct
- A copy of your Training Course Liability Cover
- A copy of your Training Course Liability Release Form
- Your payment form