Continuing Education (taken from: <https://www.yogaalliance.org/Credentialing/ContinuingEducation>)

All [Registered Yoga Teachers](https://www.yogaalliance.org/Credentialing/GlossaryofTerms#RYT) (RYT®s) must complete Continuing Education hours every three years to maintain their registration and continue to grow their yoga knowledge and teaching skills.

Our Continuing Education requirements changed effective January 1, 2015.

Requirements

Every three years starting from the initial date of [registration](https://www.yogaalliance.org/Credentialing/GlossaryofTerms#Registration) with Yoga Alliance, all RYTs must submit a minimum of:

* 45 hours of yoga teaching and
* 30 hours of yoga training
	+ At least 10 training hours must be [Contact Hours](https://www.yogaalliance.org/Credentialing/GlossaryofTerms#Contact-Hour).
	+ No more than 20 training hours may be [Non-Contact Hours](https://www.yogaalliance.org/Credentialing/GlossaryofTerms#NCH).
	+ All hours must be directly related to one of the Yoga Alliance [Educational Categories](https://www.yogaalliance.org/Credentialing/Standards/Educational_Categories).

You may not count any teaching or training hours prior to registration with Yoga Alliance. If you earn more than the required hours for Continuing Education in a three-year period, the extra hours may not rollover into the next three-year period.

Contact Hours are in-person classroom hours in the physical presence of a qualified [Continuing Education Provider](https://www.yogaalliance.org/Credentialing/GlossaryofTerms#CE-Provider). One Contact Hour of Continuing Education is earned by completing one hour of any of the following activities:

* Yoga teacher training
* Workshops (single session or ongoing series)
* Courses at a college or university
* Discussion or study groups

Non-Contact Hours consist of informal or self-directed study which occurs outside of the classroom, without a teacher or trainer present. A Non-Contact Hour of Continuing Education is earned by completing one hour of any of the following activities:

* Reading a book or article, or watching a video that deepens your yoga practice and/or understanding
* Being a student participant in a webinar or taking an online or correspondence course
* Receiving remote mentoring
* Authoring yoga books, articles, videos or other media for public dissemination (e.g., in newsletters, CDs, DVDs, newspapers, magazines, online, etc.)\*
* Creating class materials for distribution to students\*

Registered Yoga Teachers are encouraged to submit a written reflection or evaluation of each activity, to demonstrate what was learned and how it relates to the [Educational Categories](https://www.yogaalliance.org/Credentialing/GlossaryofTerms#Educational-Categories) and Continuing Education requirements.

*\*Hours that may be counted towards Continuing Education should reflect that something new was learned, through research, study or experiential learning, rather than time spent synthesizing or processing prior knowledge. Hours spent disseminating this information to students may be eligible toward the teaching hour requirements, but cannot be counted as training Contact Hours.*

Who Can Offer Continuing Education

Yoga Alliance does not pre-approve individual providers of Continuing Education training Contact Hours. Registered Yoga Teachers must ensure they obtain Continuing Education from a qualified Continuing Education (CE) Provider, who meets either of the criteria below:

1. An Experienced Registered Yoga Teacher ([E-RYT](https://www.yogaalliance.org/Credentialing/GlossaryofTerms#E-RYT)®) of any level who is currently registered with Yoga Alliance, or
2. Someone with a relevant degree or certification, or substantial education in an area of expertise that is related to one of the Yoga Alliance Educational Categories. The CE Provider must also have substantial teaching experience (500+ hours) and/or the equivalent of two years of relevant experience in that area. The CE Provider must be able to document or demonstrate his/her relevant education and experience, and may provide Continuing Education only in their area(s) of expertise.\*

*\*It is the responsibility of the RYT to confirm his or her Continuing Education Provider meets the education and experience requirements in the relevant area(s).*

As a tool for CE Providers, please see our list of things to include on a [Continuing Education Certificate of Completion](https://www.yogaalliance.org/Credentialing/GlossaryofTerms#CE-Certificate).

Submit Your Hours Online

Registered Yoga Teachers must [report their Continuing Education](https://www.yogaalliance.org/Contact_Us/Frequently_Asked_Questions#continuinged) in their online accounts. Currently, we do not require RYTs to provide a Continuing Education Certificate of Completion or attendance record.

* [Visit the “My Teaching Hours”](https://www.yogaalliance.org/TeachingHours) section of your teacher account and select the green button to "Add Teaching Hours."
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FAQs

Can I count teaching or training hours toward both Continuing Education and upgrading my teacher [credential](https://www.yogaalliance.org/Credentialing/GlossaryofTerms#Credential)?
Yes. You may count any teaching or training hours you complete for Continuing Education towards upgrading to a higher[designation](https://www.yogaalliance.org/Credentialing/GlossaryofTerms#Designation) and/or teacher training program. The same teaching hours or training hours you use for one can be used for all. For example, if you complete 45 hours of training as part of a RYS 300 program, you can count those hours for your training and for Continuing Education training hours. If you complete 30 hours of teaching, you can count those hours toward an upgrade to a higher RYT designation and for Continuing Education teaching hours.

Can I count an additional 200-hour training toward Continuing Education?
Yes. A RYS 200 training program may count toward Continuing Education, even if you are already an E-RYT 500.

Why does Yoga Alliance allow so many Continuing Education training hours to be Non-Contact Hours?
Non-Contact Hours consist of informal or self-directed studying which occurs outside of the classroom, without a teacher or trainer present. The credentialing industry is increasingly recognizing that Non-Contact Hours can bring equivalent, or even better, professional maintenance learning than Contact Hours. That’s especially true if those in-person hours are obtained exclusively for the purpose of satisfying organizational Continuing Education requirements.

While the value of ongoing in-person study with a mentor is without question, Yoga Alliance Registry endorses and formally recognizes the time and effort you put into learning that is motivated by your passion, interests and personal learning objectives, rather than only emphasizing learning that may be driven by deadlines and mandatory requirements.

*Please note any Non-Contact Hours counted toward Continuing Education must always involve activities and topics related to our Educational Categories. You should only claim hours in which you learned something new, through research, study or experiential learning, rather than time spent synthesizing or processing prior knowledge. Hours spent disseminating this information to students may be eligible toward the teaching hour requirement but should not be counted as training hours.*