



Frequently Asked Questions (FAQ) TriYoga, Documentation of Hours, & Yoga Alliance Registry

1. I am a Basics intern. I want to register with Yoga Alliance. What do I do?

To register with Yoga Alliance and use the RYT (registered yoga teacher) Yoga Alliance symbol as a TriYoga teacher, you need to be certified in Basics and have a record of your 200-hours. (Yoga Alliance requirements are met by TriYoga's 200-Hour Basics Certification Program which requires 20 hours in Anatomy and 30 hours in Yoga Philosophy/Lifestyle.) Use the grid and Certification Handbook to understand and document this. To see what is needed to apply for the Yoga Alliance registry, you can also visit their website.

2. I am a new intern. Should I keep a record of all hours?

Yes, we recommend that you keep a record of your hours. If you don't want to register with Yoga Alliance, the record is helpful to see that you have the 150-hours for TriYoga certification. Also, if you decide that you want to register with Yoga Alliance, you have the needed documentation.

3. Can I get certified in TriYoga Basics without documenting my hours?

In addition to passing the certification exam, TriYoga recommends documenting a minimum of 150 hours in Technique, Teaching Methodology and Practicum. However, it is your ability to meet the certification criteria that determines certification. Therefore, some interns may require additional hours above the minimum standard to certify. When you pass the certification exam, you receive TriYoga certification, which is the equivalent of 150 hours. This 150-hour equivalent can later be applied toward the 200-hour certification for the Yoga Alliance registry if you choose to do so.

4. I am already a Basics teacher. I want to register with Yoga Alliance. What do I do?

Since you are already certified, you have the 150 hours required for TriYoga Basics Certification. Yoga Alliance also requires 20 hours in Anatomy and 30 hours in Yoga Philosophy/Lifestyle. Use the grid and Certification Handbook to understand and document this. Also, you should document your Teaching Methodology hours, or take an additional course in this.

- 5. I have been a Basics intern for a long time, and have not kept a record of hours. What should I do?**

Estimate as best you can.

- 6. How do I keep a record?**

Keep a record of trainings and workshops by using the 200-hour grid.

- 7. How do I know which workshops will give the needed technique hours?**

You can choose from any of the workshops and teacher trainings that are offered by Kaliji, TriYoga certified teacher trainers, or teachers recommended by TriYoga. (see the schedules or web calendar).

- 8. How do I get the needed Teaching Methodology and Practicum hours?**

You can choose from any Teaching Methodology teacher trainings that are offered by TriYoga International. Teaching Methodology workshops are added on an as-needed basis. You can also work individually or apprentice with a teacher recommended by TriYoga to learn alignment assistance and teaching skills.

- 9. How do I know which of the Yoga Alliance categories a workshop comes under?**

All are technique unless designated otherwise. Other trainings and workshops will be named to reflect the category, for example, Teaching Methodology, TriYoga Anatomy, and Yoga Philosophy/ Lifestyle. See Certification Handbook for more information on categories.

- 10. I am already certified through Level 2 in TriYoga. How would I apply for the Yoga Alliance registry?**

This is explained in Part 2 of the Certification Handbook and in the 200- and 500-hour grids (in Handbook.) See if you have hours in all the needed categories. For example, since you are certified through Level 2, you would have the needed hours in Technique, Methodology and Practicum. You must document your hours in TriYoga Anatomy, Teaching Methodology, Practicum and Yoga Philosophy/Lifestyle. Yoga Alliance also requires at least 100 hours of teaching experience for the 500-hour designation.

- 11. I am certified in TriYoga through Level 3. I began training over 10 years ago. Am I supposed to document those hours to gain the Yoga Alliance 500-hour status?**

Being certified through Level 3 is a document in itself. This means you have already met the requirements for Technique, Teaching Methodology and Practicum through Level 3, so there is no need to record these hours on the grid. However, you do need to document the additional hours required by Yoga Alliance. Also, document your Teaching Methodology background.

- 12. Which workshops qualify for hours?**

All workshops and teacher trainings with Kaliji, certified teacher trainers, and teachers who are recommended by TriYoga to teach selected topics will qualify. If you are working toward the 200 hours, the emphasis should be on Basics.

- 13. Which teachers can I study with?**

Interns should study with Kaliji, certified teacher trainers, or teachers recommended by TriYoga to teach a given topic. Due to distance and other factors, selected local teachers may be recommended by TriYoga to teach based on their skill in a particular area.

- 14. How do we know if TriYoga recommends a teacher?**

If the workshop is sponsored by TYI, it is with a recommended teacher. With other workshops or teachers, this can be decided on a case-by-case basis by TYI depending on the teacher's skill in a given area.

- 15. What is a contact hour according to Yoga Alliance standards?**

A contact hour is a classroom hour in the physical presence of a faculty member. Contact hours must be in a dedicated yoga teacher-training (YTT) environment (into which others might occasionally be invited) rather than in classes intended for the general public. Teacher trainings and workshops sponsored by TriYoga International (or approved by TriYoga International) count for 100% credit, that is, each hour can be recorded as one grid-hour. If one is going for Basics certification, most of the hours need to be in Basics or Level 1.