

GUIDE

How to choose a yoga teacher training

How to compare 200, 300 and 500-hour yoga teacher trainings before you pay.

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A yoga teacher training (YTT) is a significant purchase. Yoga Alliance states that school tuition ranges from US$1,500 to US$5,000 or more, depending on length, location and format (fetched 2026-11-13). This guide helps you compare options before you commit.

Decide the hours first

- **200 hours** is the foundational training. Yoga Alliance calls the resulting RYT 200 credential the one most new teachers begin with.
- **300 hours** is usually an advanced or second training. Combined with a 200-hour training, it can count toward RYT 500.
- **500 hours** is the comprehensive credential for teachers who want deeper expertise in methodology, sequencing and advanced practice. Yoga Alliance requires at least 100 teaching hours before the RYT 500 application.

MedlinePlus (reviewed 2026-07-22) reminds you that there is no objective government certification body for yoga teachers. Decide what credential matters in your country and for your intended employers before you pay for hours.

Questions to ask each school

- Is the school registered with Yoga Alliance (RYS), and at which hour level? Registration is voluntary; ask what it covers.
- Who teaches the training, and what are their credentials and experience?
- What is the daily schedule, class size and practice-teaching component?
- What does the tuition include: accommodation, meals, manuals, certification fees?
- What are the refund and postponement terms?
- Where do graduates teach, and can the school share references?

Match the training to your goal

If you want to teach beginner classes at a local studio, a 200-hour programme is the common path. If you already teach and want depth, a 300-hour advanced training may fit better. If you plan to run your own school or train teachers, look at 500-hour options. Specialty credentials exist too: Yoga Alliance lists registered children's yoga (RCYT) and prenatal yoga (RPYT) pathways.

Try before you train

Attend classes with the school's teachers first. A training is also a year of study; check that the schedule, travel and cost work for your life. Compare listed trainings on Yogis by city and level, then confirm every detail on the school's own website.

Frequently asked questions

Is a 200-hour training enough to teach?

For many teachers yes. Yoga Alliance calls RYT 200 the foundational credential most new teachers begin with. Whether it is enough depends on where and how you want to teach.

Does Yoga Alliance accredit schools?

Yoga Alliance is a voluntary registry, not a government accreditation body. It registers schools (RYS) and teachers (RYT). Ask what a credential covers and who recognises it where you plan to teach.

Sources

yogaalliance.org — https://yogaalliance.org/explore-training-options/
medlineplus.gov — https://medlineplus.gov/ency/patientinstructions/000876.htm
yogajournal.com — https://www.yogajournal.com/practice/beginners/yoga-for-beginners