

RYS 200 COMPARISON

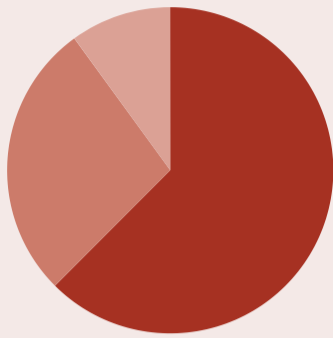
2019 LEGACY



ELEVATED 2020

OVERALL OPERATIONAL MODEL

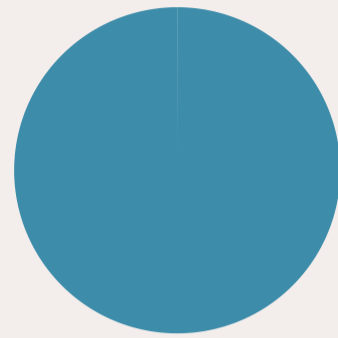
Hours-Based* by Educational Category



125 Educational Category 55 Elective 20 Flexible

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

Hours + Competencies-Based by Core Curriculum



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

*15 elective hours can be In-Person or Online and must align with the Core Curriculum

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
- 12 competencies and their sub-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

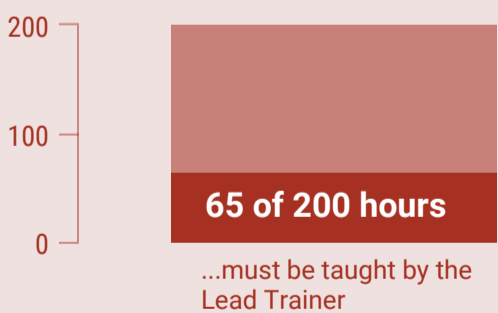
20 (of 30) hours

*Up to 15 hours may be "elective" and allocated across any Core Curriculum category; only those attributed to Anatomy & Physiology or Yoga Humanities may be delivered Online

LEAD TRAINER REQUIREMENT

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

E-RYT 200 or E-RYT 500

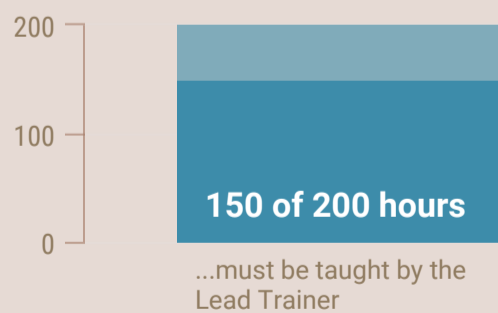


...must be taught by the Lead Trainer



The Lead Trainer must hold the credential below:

E-RYT 500 By Feb 2022*



...must be taught by the Lead Trainer



Shared Ethical Commitment Amongst All Members



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

*Due to the impacts of COVID-19, these timelines are currently under review.