

How to Become a Yoga Instructor

Train at a registered yoga school, register with Yoga Alliance if you want the RYT credential, insure yourself, and build teaching hours. Costs and rules differ by school and country.

Updated October 28, 2026

Most new teachers start with a 200-hour training. You then register with Yoga Alliance if you want the credential. This guide shows the steps and the costs to expect.

Check the rules first

Yoga Alliance is a non-profit registry in the United States. It does not say on its training page that registration is required to teach. One insurer, Alternative Balance, says few US states license yoga or aerial yoga instructors. Check your state, province or country. Ask the studio where you want to teach what it needs.

Step 1: Build a practice

Take classes for some time before you train. A teacher training is not an introduction to yoga. Try several styles. Pick the style you want to teach, such as vinyasa, yin or hot yoga.

Step 2: Choose a school

Yoga Alliance calls an approved school a Registered Yoga School (RYS). Its steps are:

1. Enrol in an RYS that fits your goals.
2. Complete the training.
3. Register with Yoga Alliance.
4. Keep up continuing education and membership.

Tuition is set by each school. Yoga Alliance says it runs from \$1,500 to \$5,000 or more, based on length, place and format. Ask each school for its schedule, its lead trainers and its refund rules.

Step 3: Know the credential names

- **RYT 200:** a 200-hour training. Yoga Alliance calls it the foundation. Most new teachers start here.
- **RYT 500:** a 500-hour training. It goes deeper into teaching method, sequencing and advanced practice.
- **E-RYT:** the "E" means experienced. It marks teachers who have met extra teaching requirements.

Step 4: Register

You pay Yoga Alliance a one-time application fee of \$50. Annual membership is \$65. Both figures come from its pages in October 2026. It says rates and rules may change.

Yoga Alliance plans changes for 2027. Credentials and membership become two separate offers. Teachers will pass an assessment on ethics, safety, inclusion, teaching skills and pedagogy. It has not given exact launch dates on the page we read. Read its current page before you pay.

Step 5: Insure yourself

A studio may cover its own staff. It may not cover you. The U.S. Small Business Administration lists professional liability insurance for businesses that serve customers. It also lists general liability insurance. Ask your insurer if the policy covers the style you teach, such as hot yoga or aerial yoga.

Step 6: Get your first classes

- Teach friends and family for free to practise.
- Ask a studio for a sub list or a community class.
- Record a short class so you can review your cues.
- Read our guide on how to tell a good instructor. It lists what students look for.

Teacher training

Other teacher guides: [Pilates](#), [barre](#), [aerial](#), [pole fitness](#) and [hoop dance](#).

Frequently asked questions

Do I need Yoga Alliance to teach yoga?

Yoga Alliance does not say that registration is required to teach. Some studios ask for it. Ask the studio where you want to teach.

How long is an RYT 200 training?

The name says 200 hours of training at a Registered Yoga School. Schools set the schedule. Some run in one month. Others run over several months of weekends.

Does the 2027 change affect me?

Yoga Alliance plans to add an assessment to its teacher credentials in 2027. It has not given launch dates on the page we read. Check its site before you enrol.

Sources

[Yoga Alliance: yoga teacher training and certification](https://yogaalliance.org/explore-training-options/) — <https://yogaalliance.org/explore-training-options/>

[Yoga Alliance: membership and credentials for 2027](https://yogaalliance.org/membership-reimagined/) — <https://yogaalliance.org/membership-reimagined/>

[Alternative Balance: aerial and yoga instructor insurance](https://alternativebalance.com/aerial-yoga-insurance-guide/) — <https://alternativebalance.com/aerial-yoga-insurance-guide/>

[U.S. Small Business Administration: get business insurance](https://www.sba.gov/business-guide/) — <https://www.sba.gov/business-guide/>

[launch-your-business/get-business-insurance](#)