



Integrity. Diversity. Community.

Formation

Yoga Alliance® was formed by a merger in 1999 of Unity in Yoga (a group that organized and sponsored national and international yoga conferences from its formation in 1982 until 1995) and the Ad Hoc Yoga Alliance (a volunteer group that in 1997 started working on creating minimum standards for yoga teachers, as well as other issues relevant to the yoga community). From the time of Unity in Yoga's work, the emphasis has been on mutual respect, sensitivity and support of different approaches to yoga and an equal voice for every participant.

Registry

In September 1999, the newly organized Yoga Alliance® established a national Yoga Teachers' Registry to recognize and promote teachers with training that meets our minimum training standards. Teachers who meet these standards are eligible to register as "RYT®"s (Registered Yoga Teachers). In 2005, in conjunction with enhanced revised standards for registration, we began recognizing and registering teachers with significant teaching experience in addition to training (Experienced Registered Yoga Teachers, or "E-RYT®"s).

Yoga Alliance® also maintains a Registry of Yoga Schools to recognize yoga teacher training programs of at least 200 or 500 hours. A school whose curriculum satisfies or exceeds our minimum training standards may apply to register as a "RYS®" (Registered Yoga School). Once a school is registered, all graduates of a RYS® are automatically eligible to register with us as RYT®s.



Yoga Alliance created Yoga Day USA in 1999, and is the umbrella organization that creates the marketing and publicity to support all of the yoga teachers, schools and studios hosting YDUSA events. The annual nationwide celebration is designated to tap the yoga consumer market, all of those interested, but who have not yet tried a yoga class, and to raise awareness about yoga's benefits by offering free or low cost workshops countrywide. Many events also are benefits for charitable organizations, giving participants more than one reason to attend!

Each YDUSA has a theme; this year's theme is body mind health. Yoga helps to keep us focused on the present and leads us to discover the power of the heightened connection it fosters between body and mind.

We expect thousands to participate in programs across the US and the North American continent - from Honduras to Vancouver and 43 states in the USA.

