

# Attitudes and Beliefs of Yoga Professionals and Practitioners Worldwide

A survey conducted and prepared by  
Edge Research for Yoga Alliance

September 2018

## About the “Standards Review” Study

Edge Research is honored to support the yoga community in this in-depth look at yoga standards. More information about the study can be found at <https://yastandards.com>.

### METHODOLOGY

Edge Research conducted a global survey of 12,388 Yoga Teachers, Teacher Trainers, Owners/Managers, and Practitioners from six (6) continents and 96 countries. The survey was in the field from February 6 to April 2, 2018; and was distributed through multiple channels to encourage participation: email, social media, advertising, Yoga Alliance website, viral sharing, and a commercial online panel.

The survey consisted of more than 40 questions covering topics about yoga teacher and teacher trainer standards, online learning, mentoring, yoga philosophy/ mindset, and demographics. It was offered in seven (7) languages: English, French, German, Hindi, Japanese, Mandarin, and Spanish. It also included six (6) open format questions, where participants could type in their feedback. Those are represented in the verbatim quotes throughout the report.

### EDGE RESEARCH

Edge Research is a premier marketing research firm servicing nonprofits, associations, and corporations. For almost 20 years, Edge has helped dozens of organizations understand the attitudes, values, and preferences of their members in order to make informed, data-driven decisions.

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# Introduction

The Yoga Alliance "Standards Review Project" is a comprehensive and inclusive process to review Yoga Alliance yoga teaching standards that have been widely adopted worldwide. The project has many facets, including this "Standards Review Project Survey"—where Yoga Professionals and Practitioners across the globe offer important input on a variety of key topics.

Yoga Alliance hired Edge Research, an established marketing research firm with expertise in both health and wellness and professional associations, to conduct an objective and thorough study among the yoga community. The survey included 40 questions, including requests for write-in responses, and was offered in

seven (7) languages. With feedback from over 12,000 individuals from more than 90 countries, we believe this to be one of the largest ever studies of the global yoga community. More on the survey methodology is included at the end of this report.

This study explores several aspects of yoga teaching standards that are most important and necessary to Yoga Teachers, Teacher Trainers, Studio/School Owners and Managers, and Practitioners. The questions relate to the evolution of meaningful educational standards that support public safety and improve competence and skill of professional yoga educators. The study examines eight (8) areas of focus to better understand the top priorities for the yoga community.

## 8 Focus Areas



### CODE OF CONDUCT

A Code of Conduct will lay the foundation for safer yoga education and create clear expectations for YA teachers and yoga students. Is it time for a universal Code of Conduct for YA teachers?



### SCOPE OF PRACTICE

A clear Scope of Practice is necessary to protect the public and outlines what a yoga teacher does, and does not do, on behalf of society. Is it time for a shared understanding of the true Scope of Practice of a contemporary yoga teacher?



### INTEGRITY, ACCOUNTABILITY & COMPLIANCE

If standards are to have value, through what mechanisms should teachers and schools be held accountable to those standards? What role does YA play in upholding standards?



### INCLUSION

Yoga is for everybody. In what ways can YA support diversity, equity, inclusion, and access for all?



### TEACHER QUALIFICATIONS

What competencies, training, and education are needed to become a YA yoga teacher?



### TEACHER TRAINER QUALIFICATIONS

What competencies, training, and education are needed for someone to be qualified to teach other people how to become a yoga teacher?



### CORE CURRICULUM

What content, if any, needs to be standardized? What content should remain in the discretion of individual schools, organizations, lineages, traditions and styles who participate in YA standards?



### ONLINE LEARNING

Should some portion of yoga teacher trainings be supported through online education? What aspects of yoga teacher training translate easily into the online sphere and what aspects do not?

Included in this report is data by audience, demographics, and membership:

## Audiences

- **YOGA TEACHERS**  
Includes Full-time Yoga Teachers (primary profession is yoga), Part-time Yoga Teachers (a few classes a week/month, not exclusive livelihood), Inactive Yoga Teachers (trained but not currently teaching)
- **YOGA TEACHER TRAINERS**  
Includes those who train yoga students how to teach yoga
- **STUDIO/SCHOOL OWNERS AND MANAGERS**  
Includes Yoga Studio Owners, Yoga Studio Managers, Yoga School Owners, Yoga School Managers, and Other Yoga Business Owner/Leader/Upper Management (festivals, magazines, retreat centers, websites, ashrams, etc.)
- **PRACTITIONERS**  
Includes Yoga Student or Practitioner only

## Demographics and membership

- **MEMBERSHIP**  
Member, Former Member, Non-member of Yoga Alliance
- **GENDER:\***  
Male, Female, Other, Prefer not to answer  
\*in U.S., options for Transgender Male, Transgender Female, Genderqueer/Gender Non-conforming, and Different Identity were also included
- **AGE**  
Under age 40, and 40 or older

For the purposes of reporting the data, Teachers, Teacher Trainers, Studio/School Owners and Managers are collectively referred to as "Yoga Professionals" or "Yoga Pros."

Within these pages is a summary of study findings and key insights, which will help guide future work of Yoga Alliance and its members.

# Executive Summary

## Yoga teacher training standards need updating.

While 78% of Yoga Professionals surveyed say they are very or somewhat familiar with current teaching standards, only 20% are very satisfied with the current standards, another 47% somewhat satisfied. The vast majority of Professionals (83%) are interested in updating teacher training standards.

## A Code of Conduct is paramount.

There is near unanimous support for a Code of Conduct amongst Professionals (91% say it is 'very important'), and Yoga Practitioners (88%) want teachers to be required to pledge to uphold it.

## A clear Scope of Practice is important.

Most Yoga Professionals surveyed (86%) think it is important to have guidelines that delineate where the education, training, and competency of a yoga teacher begins and ends, and when referral to a medical or other professional may be necessary. Yoga Practitioners feel even more strongly that a clear Scope of Practice and established guidelines for their teachers is important (94%).

## Professionals feel a minimum number of training hours is needed to become a yoga teacher, but are mixed on how many.

Almost 9-in-10 Professionals (88%) feel that a minimum number of training hours is appropriate to qualify one to teach yoga. Among those who gave a minimum requirement, 50% stated that 200 hours is appropriate and 20% felt that 300 hours is appropriate. It is understood that hours may not equal competency if education is deficient; however, most felt that hours offered a solid framework for training.

## Yoga Professionals identify several key teacher requirements.

Yoga Professionals indicated which standards or guidelines they believe should be required to become a yoga teacher. The top requirements include a significant understanding of yoga asana and pranayama (93% say this 'should be required'), a pledge to follow a code of conduct (88%), a minimum number of yoga teacher training hours (88%), and a significant understanding of human anatomy (85%).

## Majorities want enforcement of standards, though some are undecided.

While six-in-10 (60%) Yoga Professionals would like to see enforcement of standards, nearly one quarter (28%) of the Professionals surveyed said they are "not sure" about Yoga Alliance enforcing compliance.

## A national or international teacher exam receives mixed support.

Only 37% of Yoga Professionals surveyed support some sort of national or international exam to become a registered yoga teacher, and 26% say they are not in favor. Strongest support comes from China (71%), while the weakest is in the United States (32%).

## Yoga Professionals are mixed on qualifying teacher trainer hours.

Nearly half of Professionals (46%) feel that a minimum number of hours teaching yoga should be required before a yoga teacher can be a yoga teacher trainer, while 1-in-4 (28%) are unsure how many hours should be required, and another 1-in-4 (26%) believe hours teaching yoga should not determine teacher trainer qualification. Among those who feel a minimum number of training hours is appropriate, majorities feel that 1,000 or 2,000 hours is the right amount.

### **Expertise and consistent teaching are top yoga teacher trainer requirements.**

Among Teacher Trainers, expertise in any specialized areas of yoga (85%), minimum amount of consistently taught public yoga classes (80%), minimum number of continuing education hours related to teaching annually (72%), and assisting in other yoga teacher trainings (66%) are the top four requirements.

### **The benefits of mentorship are deep.**

Mentorships are viewed by Yoga Teacher Trainers to be more important (16%) or equally as important (60%) as training. And 88% of Professionals agree that having a mentor increased their skills as a yoga teacher.

### **Teachers and Teacher Trainers are interested in specialty credentials.**

Among Teachers and Trainers surveyed, 83% are interested in specialty credentials. The top areas of interest for specialty credentials include specific orthopedic issues (85% 'very or somewhat interested'), yogic meditation (80%), yoga for all bodies (80%), specific medical issues (78%), and yoga for seniors (77%).

### **Online training is acceptable for some subjects, but not all.**

The history of yoga (95%), business and professional skills (92%), yoga philosophy (90%), and Sanskrit (89%) are viewed as subjects that can be learned better, adequately, or partially online. Content considered not conducive to online learning includes practicing manual adjustments (76% say it 'cannot be learned online'), advanced yoga asanas with a high degree of difficulty (76%), and practicum (74%).

### **There is soft support for service, or SEVA, as a requirement for yoga teachers.**

Only 28% feel SEVA should be required to become a yoga teacher. One-third (33%) are unsure if service or SEVA should be required to become a yoga teacher.

### **Understanding of Sanskrit is not a top requirement.**

Only 45% of Yoga Professionals feel an understanding of Sanskrit terminology should be required to become a safe and skillful yoga teacher.

### **Majorities of Teachers and Teacher Trainers teach a primarily body-based practice of yoga.**

Two-thirds (66%) of Yoga Teachers and Teacher Trainers say their instruction is primarily body-based (Asanas and Pranayama). One-third (36%) say they teach primarily a mind-based practice, and 28% say they teach body, mind and spirit equally.

### **The community is interested in making the practice of yoga more widely accessible and inclusive.**

In open-ended responses, survey participants wrote in many suggestions, including breaking body stereotypes, supporting specialized training, teaching underserved populations, and making yoga more affordable for both Practitioners and Trainers.



## Section 1

# Teacher Qualifications

Most Yoga Professionals feel the yoga teacher standards need to be updated, with 83 percent expressing support (meaning they are either 'very interested' or 'somewhat interested' in seeing the standards updated) (Figure 1). In particular, Teacher Trainers and Owner/Managers are most favorable towards updates.

The country with the strongest desire for updated teacher standards is India, the birthplace of yoga. Figure 2 looks at the attitude toward updating teacher standards by membership, gender, age, and countries with enough survey responses to do meaningful analysis.

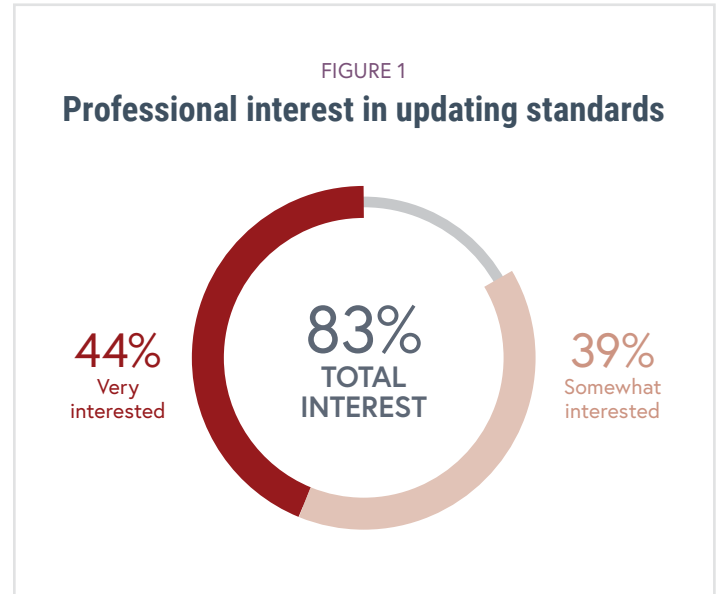


FIGURE 2

### How interested are you in the yoga teacher training standards being updated?

	PRACTITIONERS	YOGA PROS							
		YOGA PROS	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
<i>Base: Yoga Teachers, Teacher Trainers, Professionals</i>	<i>n/a</i>	<i>n=9057</i>	<i>n=6630</i>	<i>n=987</i>	<i>n=1244</i>	<i>n=1162</i>	<i>n=7693</i>	<i>n=3132</i>	<i>n=5925</i>
Very interested		44%	43%	46%	<b>47%</b>	<b>49%</b>	44%	<b>50%</b>	41%
Somewhat interested		39%	<b>40%</b>	<b>37%</b>	32%	36%	<b>40%</b>	36%	<b>40%</b>
Not interested		7%	7%	8%	8%	<b>9%</b>	7%	5%	<b>8%</b>
Not sure		10%	9%	9%	<b>13%</b>	7%	<b>10%</b>	9%	<b>10%</b>

Throughout the report, **bolding** indicates a sub-group percentage is significantly higher than another sub-group within that category (95% confidence level)



FIGURE 2 CONT.

## How interested are you in the yoga teacher training standards being updated?

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
<i>Base: Yoga Teachers, Teacher Trainers, Professionals</i>	<i>n=6572</i>	<i>n=621</i>	<i>n=194</i>	<i>n=161</i>	<i>n=163</i>	<i>n=124</i>	<i>n=95</i>	<i>n=112</i>	<i>n=89</i>	<i>n=198</i>	<i>n=73</i>
Very interested	41%	43%	40%	54%	<b>66%</b>	52%	48%	38%	49%	<b>74%</b>	<b>67%</b>
Somewhat interested	40%	41%	45%	35%	24%	37%	42%	39%	47%	21%	25%
Not interested	8%	6%	<b>10%</b>	5%	4%	6%	7%	7%	-	3%	3%
Not sure	<b>11%</b>	9%	5%	6%	6%	6%	2%	<b>15%</b>	3%	2%	5%

The country with the **STRONGEST DESIRE** for updated teacher standards is **INDIA**, the birthplace of yoga.



## Section 2

# Code of Conduct

The adoption of a Code of Conduct receives near unanimous support, with 91 percent of Professionals saying it is very important, and 88 percent of Practitioners agree that their teachers should pledge to follow a Code of Conduct (Figure 3). This is consistent with attitudes and values across the professional association landscape. In a recent nationwide survey of professional organization members, belonging to an organization that offers professional standards/code of ethics was the #1 reason people remain a member<sup>1</sup>.

Figure 4 shows support for a Code of Conduct spans generations and geography, with individuals from Mexico, the United States and Canada expressing strongest support.



FIGURE 4

### How important is it for yoga teachers to have an Ethical Code of Conduct?

	PRACTITIONERS	YOGA PROS							
		YOGA PROS	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
<i>Base: Total Respondents</i>	<i>n=3331</i>	<i>n=9057</i>	<i>n=6630</i>	<i>n=987</i>	<i>n=1244</i>	<i>n=1162</i>	<i>n=7693</i>	<i>n=3132</i>	<i>n=5925</i>
Very important	84%	<b>91%</b>	<b>93%</b>	86%	86%	82%	<b>93%</b>	89%	<b>92%</b>
Somewhat important	<b>14%</b>	7%	6%	<b>11%</b>	<b>10%</b>	<b>14%</b>	6%	<b>9%</b>	6%
Not important	1%	1%	1%	<b>1%</b>	<b>2%</b>	<b>3%</b>	1%	<b>1%</b>	1%
Not sure	1%	1%	0%	1%	<b>2%</b>	<b>1%</b>	1%	1%	1%

<sup>1</sup>Community Brands, "Member Loyalty Study," conducted by Edge Research, June-July 2017

FIGURE 4 CONT.

### How important is it for yoga teachers to have an Ethical Code of Conduct?

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
<i>Base: Total respondents</i>	<i>n=6572</i>	<i>n=621</i>	<i>n=194</i>	<i>n=161</i>	<i>n=163</i>	<i>n=124</i>	<i>n=95</i>	<i>n=112</i>	<i>n=89</i>	<i>n=198</i>	<i>n=73</i>
Very important	<b>93%</b>	<b>91%</b>	84%	86%	<b>93%</b>	74%	62%	53%	83%	88%	81%
Somewhat important	6%	8%	13%	12%	6%	19%	<b>34%</b>	<b>29%</b>	16%	9%	15%
Not important	1%	1%	3%	2%	1%	<b>6%</b>	3%	4%	1%	2%	-
Not sure	1%	1%	1%	-	-	-	1%	<b>14%</b>	-	1%	4%

**“I WOULD LIKE A MORE ROBUST CODE OF CONDUCT** that any YA registered program or teacher must adhere to, **WITH A CLEAR PROTOCOL** for airing complaints and a protocol of proportional consequence which includes deregistration.”

~ Yoga Teacher Trainer



## Section 3

# Scope of Practice

Guidelines to better define what is appropriate for yoga professionals to teach and what should be referred to medical or other professionals is very or somewhat important to most respondents (86%). More than half feel strongly about this (59% 'very important') (Figure 5).

A clear Scope of Practice has broad appeal across different geographies as well as age groups, with Professionals from Mexico, India, and South Africa voicing the strongest support (Figure 6).



FIGURE 6

**How important is it for yoga teachers to have a clear Scope of Practice and established guidelines for referring yoga student practitioners to complementary licensed professions, or for deferring to the advice of complementary licensed professions (i.e. doctors, physical therapists, nutritionists, etc)?**

	PRACTITIONERS	YOGA PROS							
		YOGA PROS	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
Base: Total Respondents	n=3331	n=9057	n=6630	n=987	n=1244	n=1162	n=7693	n=3132	n=5925
Very important	67%	59%	59%	56%	57%	58%	59%	63%	56%
Somewhat important	26%	27%	27%	28%	26%	29%	27%	26%	28%
Not important	3%	6%	6%	8%	8%	7%	6%	5%	7%
Not sure	3%	8%	8%	7%	9%	6%	8%	6%	9%

FIGURE 6 CONT.

**How important is it for yoga teachers to have a clear Scope of Practice and established guidelines for referring yoga student practitioners to complementary licensed professions, or for deferring to the advice of complementary licensed professions (i.e. doctors, physical therapists, nutritionists, etc)?**

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
Base: Total respondents	n=6572	n=621	n=194	n=161	n=163	n=124	n=95	n=112	n=89	n=198	n=73
Very important	58%	59%	49%	62%	<b>79%</b>	56%	40%	43%	62%	<b>79%</b>	<b>73%</b>
Somewhat important	27%	27%	31%	27%	15%	33%	<b>48%</b>	<b>37%</b>	33%	14%	16%
Not important	7%	4%	<b>11%</b>	6%	3%	4%	7%	4%	1%	4%	7%
Not sure	8%	10%	9%	5%	3%	6%	4%	<b>16%</b>	4%	3%	4%

## CLOSER LOOK

## CORE MANDATES AND AGE

Individuals from different generations agree that a Code of Conduct is very important. Younger respondents feel more intensely about seeing an update in teaching standards and more established guidelines for a Scope of Practice.

	PROFESSIONALS UNDER 40 YEARS OF AGE	PROFESSIONALS 40 YEARS OF AGE AND OLDER
Update of Standards	<b>↑50%</b> Very interested ( <b>↑</b> 86% very or somewhat interested)	41% Very interested (81% very or somewhat interested)
Code of Conduct	89% Very important	<b>↑92%</b> Very important
Established Guidelines for Scope of Practice	<b>↑63%</b> Very important ( <b>↑</b> 89% very or somewhat important)	56% Very important (84% very or somewhat important)

Arrows indicate a percentage is significantly higher than other age group (95% confidence level)

“I would like to see **MORE TRAINING ABOUT SCOPE OF PRACTICE**, to impress upon teachers that they **SHOULD NOT BE GIVING DIAGNOSES**, and to **KNOW WHEN TO REFER** out or require a doctor’s note.”

~ Yoga teacher



## Section 4

# Teacher Training Hours

Nearly 90 percent of Professionals and Practitioners surveyed feel that a minimum number of yoga teacher training hours should be a guideline to qualify an individual to teach yoga. And of those who feel this way, the belief is that somewhere between 200–300 hours of training is appropriate to realize proficiency as a beginning yoga teacher, while also supporting inclusion by not creating unnecessary barriers to participation (see Figure 7).

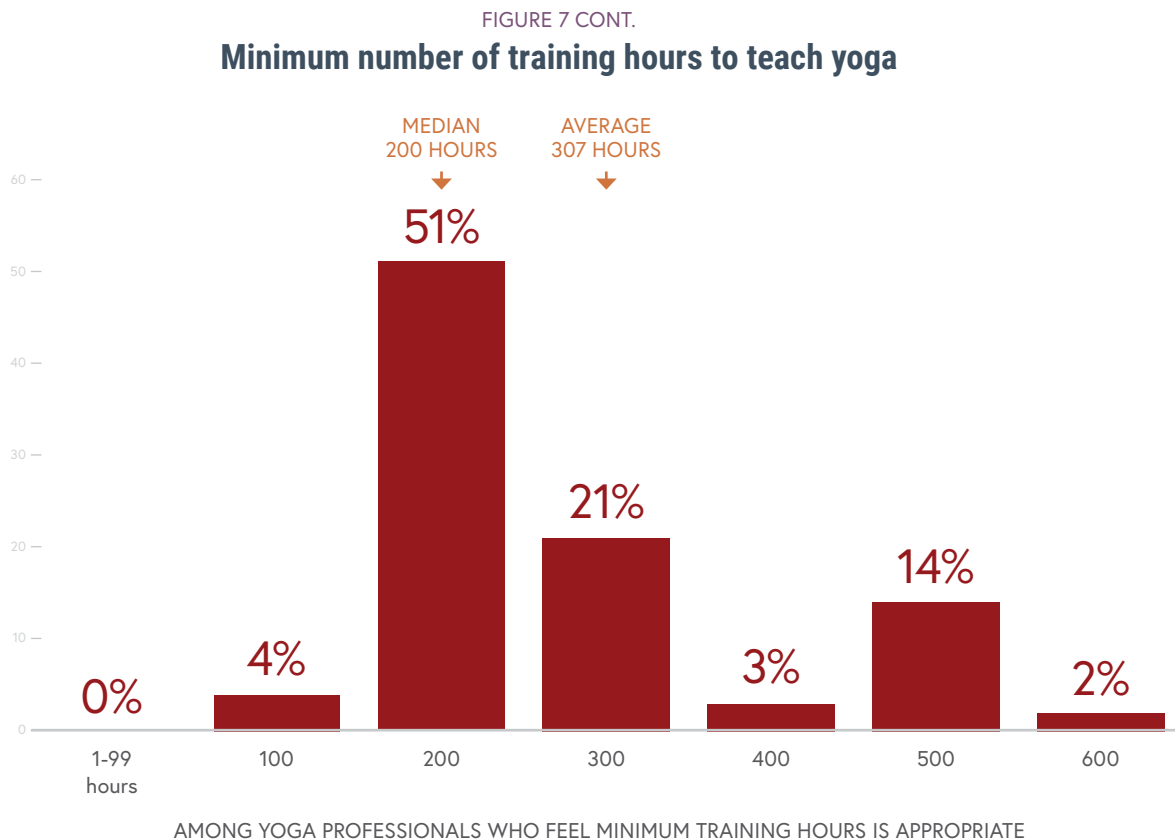


FIGURE 8

**Assuming there are ways to measure competency throughout a teacher training course, what is an appropriate number of training hours that should be required in a teacher training course, qualifying one to teach yoga?**

	PRACTITIONERS	YOGA PROS							
		YOGA PROS	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
<i>Base: Total Respondents</i>	<i>n=3243</i>	<i>n=9057</i>	<i>n=6630</i>	<i>n=987</i>	<i>n=1244</i>	<i>n=1162</i>	<i>n=7693</i>	<i>n=3132</i>	<i>n=5925</i>
A minimum number of yoga teacher training hours <b>should be</b> required before being qualified to teach yoga	<b>89%</b>	88%	<b>89%</b>	<b>88%</b>	82%	83%	<b>89%</b>	86%	<b>89%</b>
... <b>should not be</b> required...	7%	7%	6%	7%	<b>11%</b>	<b>11%</b>	6%	<b>9%</b>	6%
Not sure	4%	5%	5%	5%	<b>7%</b>	6%	5%	6%	5%
<i>Base: Those Who Specified a Number of Hours</i>	<i>n=1788</i>	<i>n=5465</i>	<i>n=4156</i>	<i>n=612</i>	<i>n=611</i>	<i>n=707</i>	<i>n=4657</i>	<i>n=1840</i>	<i>n=3625</i>
1–99	1%	0%	0%	0%	0%	0%	0%	<b>1%</b>	0%
100	15%	4%	3%	4%	5%	5%	3%	<b>5%</b>	3%
200	28%	51%	<b>55%</b>	<b>41%</b>	39%	42%	<b>53%</b>	46%	<b>54%</b>
300	15%	21%	<b>22%</b>	18%	19%	17%	<b>22%</b>	22%	21%
400	10%	3%	3%	<b>5%</b>	5%	4%	3%	4%	3%
500	16%	14%	12%	<b>20%</b>	<b>18%</b>	<b>16%</b>	13%	13%	14%
600	16%	2%	1%	<b>2%</b>	<b>3%</b>	<b>4%</b>	1%	<b>3%</b>	1%
Mean (excluding 0)	354	307	289	<b>358</b>	<b>373</b>	<b>361</b>	298	<b>317</b>	302
Median (excluding 0)	300	200	200	300	300	300	200	200	200

FIGURE 8 CONT.

**Assuming there are ways to measure competency throughout a teacher training course, what is an appropriate number of training hours that should be required in a teacher training course, qualifying one to teach yoga?**

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
<i>Base: Total Respondents</i>	<i>n=6572</i>	<i>n=621</i>	<i>n=194</i>	<i>n=161</i>	<i>n=163</i>	<i>n=124</i>	<i>n=95</i>	<i>n=112</i>	<i>n=89</i>	<i>n=198</i>	<i>n=73</i>
A minimum number of yoga teacher training hours <b>should be</b> required before being qualified to teach yoga	88%	88%	83%	86%	85%	82%	72%	75%	88%	86%	82%
... <b>should not be</b> required...	6%	7%	11%	9%	12%	10%	<b>23%</b>	12%	8%	12%	10%
Not sure	5%	4%	6%	4%	4%	8%	5%	<b>13%</b>	4%	3%	8%
<i>Base: Those Who Specified a Number of Hours</i>	<i>n=4016</i>	<i>n=413</i>	<i>n=122</i>	<i>n=104</i>	<i>n=93</i>	<i>n=75</i>	<i>n=49</i>	<i>n=57</i>	<i>n=53</i>	<i>n=83</i>	<i>n=42</i>
1-99	0%	0%	0%	0%	0%	0%	0%	0%	<b>42%</b>	0%	0%
100	3%	4%	7%	7%	5%	5%	4%	4%	11%	6%	7%
200	<b>56%</b>	<b>51%</b>	<b>47%</b>	26%	34%	36%	18%	25%	17%	14%	26%
300	21%	22%	14%	20%	18%	19%	14%	21%	11%	17%	14%
400	2%	3%	9%	4%	6%	8%	14%	9%	0%	7%	7%
500	12%	14%	13%	<b>27%</b>	17%	13%	22%	28%	6%	19%	24%
600	1%	1%	3%	7%	6%	5%	<b>14%</b>	4%	2%	10%	12%
Mean (excluding 0)	289	306	320	<b>398</b>	375	372	<b>445</b>	<b>402</b>	220	<b>501</b>	<b>405</b>
Median (excluding 0)	200	200	200	300	300	300	400	400	100	500	400





## Section 5

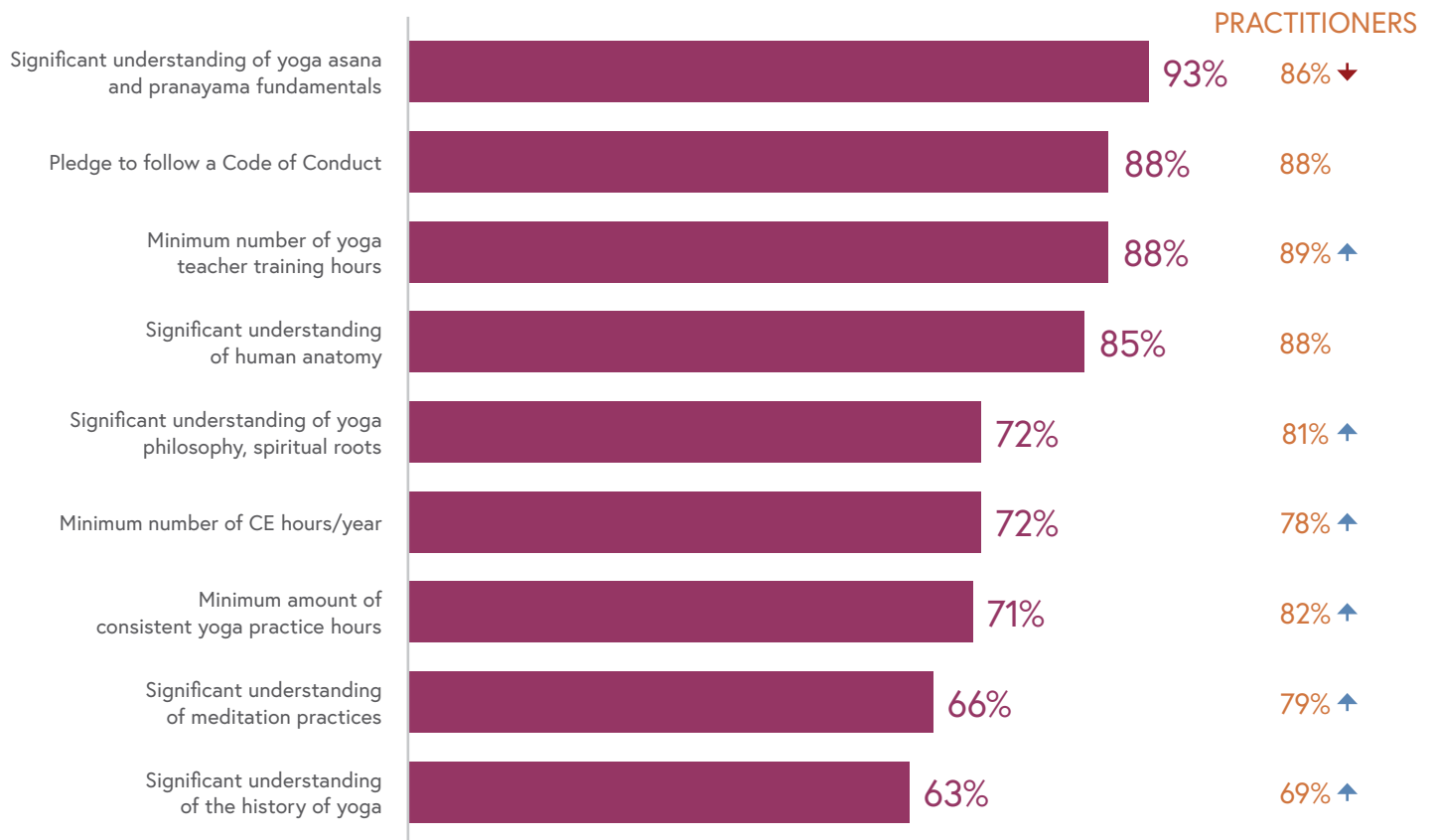
# Teacher Training Curriculum

While training hours are important to becoming a teacher, there are differing opinions regarding what those hours represent. Most Professionals and Practitioners agree that yoga teachers should have a basic understanding of yoga fundamentals (asana, pranayama, meditation, etc.), human anatomy, yoga philosophy, and a pledge to follow a Code of Conduct.

Figure 9 looks at the curriculum requirements both Professional and Practitioner survey respondents believe are necessary to become a yoga teacher.

FIGURE 9

### What Professionals and Practitioners believe should be required to become a yoga teacher



Arrows indicate a percentage is significantly higher than Yoga Professionals (95% confidence level)

FIGURE 10

### Which of the following standards or guidelines should be required to become a safe and skillful yoga teacher? (shown: % said “Yes, should be required”)

	PRACTITIONERS	YOGA PROS							
		YOGA PROS	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
<i>Base: Total Respondents</i>	<i>n=3331</i>	<i>n=9057</i>	<i>n=6630</i>	<i>n=987</i>	<i>n=1244</i>	<i>n=1162</i>	<i>n=7693</i>	<i>n=3132</i>	<i>n=5925</i>
Demonstrate a significant understanding of yoga asana and pranayama fundamentals before being qualified to teach yoga	86%	<b>93%</b>	<b>94%</b>	90%	90%	87%	<b>94%</b>	91%	<b>93%</b>
Pledge to follow a code of conduct	88%	88%	<b>90%</b>	83%	81%	80%	<b>89%</b>	86%	<b>89%</b>
A minimum number of yoga teacher training hours before being qualified to teach yoga	<b>89%</b>	88%	<b>89%</b>	<b>88%</b>	82%	83%	<b>89%</b>	86%	<b>89%</b>
Demonstrate a significant understanding of human anatomy before being qualified to teach yoga	<b>88%</b>	85%	<b>86%</b>	86%	83%	79%	87%	86%	85%
Demonstrate a significant understanding of yoga philosophy and its spiritual roots before being qualified to teach yoga	<b>81%</b>	75%	72%	72%	74%	73%	72%	73%	72%
A minimum number of continuing education hours per year of teaching to keep skills up to date	<b>78%</b>	72%	<b>74%</b>	63%	67%	65%	<b>73%</b>	72%	72%
A minimum amount of consistent yoga practice hours (as a student) as a prerequisite to take yoga teacher training	<b>82%</b>	71%	70%	<b>74%</b>	<b>74%</b>	71%	71%	69%	<b>72%</b>
Demonstrate a significant understanding of meditation practices	<b>79%</b>	66%	65%	67%	<b>70%</b>	<b>69%</b>	65%	<b>67%</b>	65%
Demonstrate a significant understanding of the history of yoga before being qualified to teach yoga	<b>69%</b>	63%	62%	64%	<b>66%</b>	64%	63%	<b>66%</b>	62%

FIGURE 10 CONT.

### Which of the following standards or guidelines should be required to become a safe and skillful yoga teacher? (shown: % said "Yes, should be required")

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
<i>Base: Total Respondents</i>	<i>n=6572</i>	<i>n=621</i>	<i>n=194</i>	<i>n=161</i>	<i>n=163</i>	<i>n=97</i>	<i>n=95</i>	<i>n=112</i>	<i>n=89</i>	<i>n=198</i>	<i>n=73</i>
Demonstrate a significant understanding of yoga asana and pranayama fundamentals before being qualified to teach yoga	<b>94%</b>	92%	91%	91%	87%	78%	79%	75%	94%	<b>95%</b>	75%
Pledge to follow a code of conduct	<b>90%</b>	85%	85%	84%	89%	77%	82%	63%	88%	81%	78%
A minimum number of yoga teacher training hours before being qualified to teach yoga	88%	88%	83%	86%	85%	82%	72%	75%	88%	86%	82%
Demonstrate a significant understanding of human anatomy before being qualified to teach yoga	86%	85%	80%	86%	82%	89%	79%	69%	79%	87%	84%
Demonstrate a significant understanding of yoga philosophy and its spiritual roots before being qualified to teach yoga	71%	69%	75%	80%	<b>85%</b>	79%	72%	63%	83%	<b>86%</b>	82%
A minimum number of continuing education hours per year of teaching to keep skills up to date	72%	73%	73%	79%	75%	63%	59%	54%	76%	<b>86%</b>	74%
A minimum amount of consistent yoga practice hours (as a student) as a prerequisite to take yoga teacher training	69%	71%	79%	82%	80%	73%	67%	59%	<b>88%</b>	<b>88%</b>	75%
Demonstrate a significant understanding of meditation practices	64%	61%	65%	77%	<b>82%</b>	71%	62%	62%	<b>83%</b>	<b>90%</b>	75%
Demonstrate a significant understanding of the history of yoga before being qualified to teach yoga	62%	58%	65%	72%	<b>77%</b>	64%	53%	54%	<b>83%</b>	<b>85%</b>	75%



## Section 6

# Integrity, Accountability & Compliance

Feelings about enforcement of standards to ensure compliance are mixed. 6-in-10 Yoga Professionals (60%) want Yoga Alliance to use resources to ensure teachers and schools are complying with standards; 4-in-10 are either opposed (12%) or not sure (28%) if they want Yoga Alliance to perform that role (see Figure 11). This is consistent with other studies conducted by Edge Research among members of professional associations who indicate a Code of Conduct is important to create a common set of rules; however, feedback is more mixed on using those rules to meet compliance requirements<sup>2</sup>.

Throughout the survey, participants were encouraged to write open-ended feedback on their responses. Many explained their support or concerns about compliance. Some feel that having a standards body in place will ensure consistency and improve quality, while others worry that a compliance enforcement body could drain resources or reduce goodwill.

### CLOSER LOOK

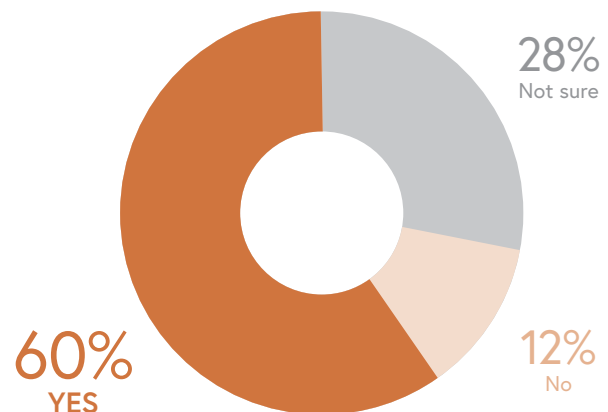
## COMPLIANCE AND AGE

Younger Professionals are more interested in ensuring compliance. The table in this sidebar shows the difference in attitude toward compliance from Professionals under 40 (67% are in favor of greater compliance/enforcement) and those 40 and older (56% are in favor of greater compliance/enforcement).

	PROFESSIONALS UNDER 40 YEARS OF AGE	PROFESSIONALS 40 YEARS OF AGE AND OLDER
Enforcement/Compliance	↑ 67% Yes	56% Yes

FIGURE 11

### Professional interest in compliance enforcement



### SUPPORT ENFORCEMENT/COMPLIANCE

*"I think there needs to be a process by which studios and training programs are checked up on. Anyone can fill out paper work and send in money—that does not mean they are following the standards that have been outlined."*

~ Yoga Teacher Trainer

### DON'T SUPPORT ENFORCEMENT/COMPLIANCE

*"Yoga is not a 'licensed profession,' therefore standards are important, continuing education is important, however making certain things required or mandatory may hinder the yoga community."*

~ Yoga Teacher Trainer

<sup>2</sup> Community Brands, "Member Loyalty Study," conducted by Edge Research, June-July 2017

Figure 12 shows that standards enforcement is favored in favor, while Professionals in the United States (57%) are less so. (83%), China (80%), and South Africa (78%) being most

FIGURE 12

**Would you like to see Yoga Alliance use additional resources to ensure that teachers and schools are complying with the standards? For example, potential site visits, additional staff in compliance, annual affirmations that previous information provided by a school is accurate, etc...**

	PRACTITIONERS	YOGA PROS							
		YOGA PROS	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
<i>Base: Yoga Teachers, Teacher Trainers, Professionals</i>	<i>n/a</i>	<i>n=9057</i>	<i>n=6630</i>	<i>n=987</i>	<i>n=1244</i>	<i>n=1162</i>	<i>n=7693</i>	<i>n=3132</i>	<i>n=5925</i>
Yes		60%	60%	60%	59%	<b>66%</b>	59%	<b>67%</b>	56%
No		12%	12%	13%	<b>15%</b>	<b>16%</b>	12%	11%	<b>13%</b>
Not sure		28%	28%	28%	25%	19%	<b>29%</b>	23%	<b>30%</b>

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
<i>Base: Yoga Teachers, Teacher Trainers, Professionals</i>	<i>n=6572</i>	<i>n=621</i>	<i>n=194</i>	<i>n=161</i>	<i>n=163</i>	<i>n=124</i>	<i>n=95</i>	<i>n=112</i>	<i>n=89</i>	<i>n=198</i>	<i>n=73</i>
Yes	57%	60%	63%	70%	83%	72%	74%	57%	80%	77%	78%
No	13%	11%	18%	10%	4%	8%	16%	13%	2%	8%	8%
Not sure	30%	29%	19%	20%	13%	20%	11%	30%	18%	15%	14%



## Section 7

# Inclusion

Survey respondents were asked to consider the following question:

**SURVEY QUESTION:** *A core value of Yoga Alliance is being committed to making yoga practice more widely accessible and inclusive to all people everywhere. Do you have any suggestions for ways Yoga Alliance can achieve this goal?*

Participants wrote in thousands of responses, ranging from what they see as the key concerns and issues to address, to recommended solutions.

A pattern analysis of these open-ended responses reveals "inclusion" in yoga takes many forms: from breaking the "yoga girl" stereotype, making yoga more affordable to a wide range of practitioners and teachers, being more globally accessible, and preserving yoga's deep cultural roots in India.

### Key Concerns

#### BODY STEREOTYPES

*"One of the most damaging is the image of the size 0 Yoga Girl in spandex as a 'norm.' It intimidates. I have to work to encourage larger, low mobility people to take my class, because of that stereotype."* ~ Yoga Teacher

#### GLOBAL ACCESSIBILITY

*"You do it so well—but maybe focus a little more effort on being inclusive as a WORLD organisation—not just the US."* ~ Yoga Teacher

#### AFFORDABILITY FOR TEACHERS

*"Yoga needs to find a way to be financially accessible to individuals with limited income, lack of transportation."* ~ Yoga Teacher

#### PRESERVE AND ACKNOWLEDGE YOGA'S INDIAN ROOTS

*"Don't focus just on the United States. Get more Indian teachers for learning material on philosophy, sanskrit and chanting."* ~ Yoga Teacher

#### AFFORDABILITY FOR CONSUMERS

*"Yoga is expensive for the most part, yet many yoga teachers do not make a lot of money for their work. We do not have a lot of money to pay for more trainings constantly and more credential fees."*  
~ Yoga Teacher Trainer

Participants offered dozens of solutions on the issues above, from training teachers to meet the needs of vulnerable groups, to offering financial incentives to low income and under-served populations, to making teacher trainings more accessible by offering more online options and scholarships.

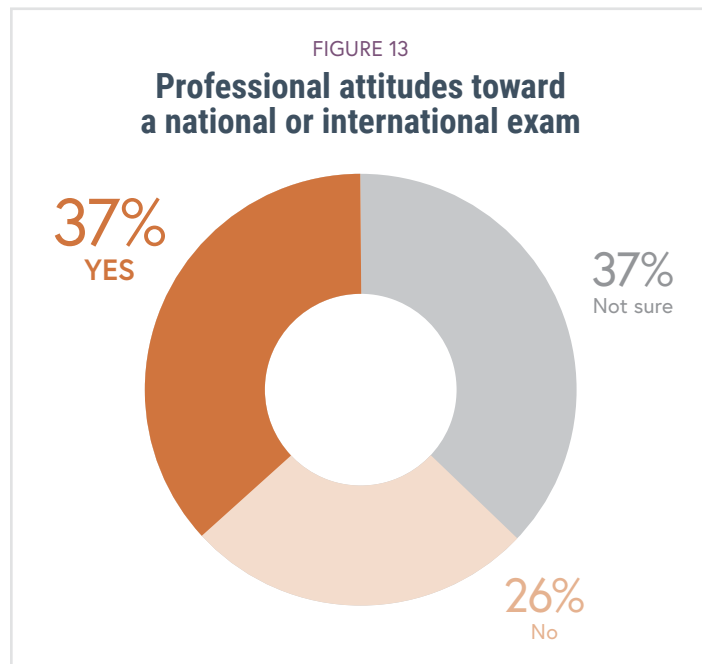
Some worry that additional continuing education, certification, or time requirements may alienate teachers already stretched thin financially. They ask that changes to the training standards balance the need to improve public safety and competence, with the ability for teachers to make a living.



## Section 8

# Teacher Exam

Implementing a national or international exam for yoga teachers is one area where the feedback is divided. As shown in Figure 13, Professionals are split between support for the exam (37%), no support for the exam (26%), and undecided (37%). In open-ended feedback, Professionals who advocate for an exam focus on the value of understanding the basics of anatomy and other core aspects of yoga (e.g. kinesiology, asana, etc.) before being a credentialed yoga professional. Those opposed to such an exam feel it is difficult to reliably assess many aspects of a yoga practice.



### CLOSER LOOK

### EXAM AND AGE

While slightly less than a majority of younger Professionals are in favor of a national or international exam, they are more interested than their older counterparts. The table in this sidebar shows that a plurality of Professionals under 40 (45%) prefer an exam, while only a third (33%) of Professionals forty and older think an exam is important.

	PROFESSIONALS UNDER 40 YEARS OF AGE	PROFESSIONALS 40 YEARS OF AGE AND OLDER
National/International Exam	↑ 45% Yes	33% Yes

### SUPPORT AN EXAM

*"I think that exposure to different styles of yoga should be part of the teacher training experience, and that anatomy is understood and tested on for safety purposes."*

~ Yoga Teacher Trainer

### DON'T SUPPORT AN EXAM

*"How can correct practice of pranayama, pratyahara, and meditation be tested reasonably, accurately, and reliably? Who would design such tests? Who is qualified to administer them?"*

~ Yoga Teacher Trainer

There are several countries where a majority of Professionals support an exam: China, Germany, India, South Africa, Mexico, France, Australia, and the UK.

But Professionals from the United States, Canada, and Japan are more divided in their support (Figure 14).

FIGURE 14

### Should new yoga teachers have to pass a national or international exam to become a Yoga Alliance registered yoga teacher?

	PRACTITIONERS	YOGA PROS							
		YOGA PROS	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
<i>Base: Total Respondents</i>	<i>n=3238</i>	<i>n=8787</i>	<i>n=6472</i>	<i>n=953</i>	<i>n=1181</i>	<i>n=1124</i>	<i>n=7468</i>	<i>n=3013</i>	<i>n=5774</i>
Yes	<b>61%</b>	37%	36%	<b>42%</b>	38%	<b>45%</b>	36%	<b>45%</b>	33%
No	12%	<b>26%</b>	<b>27%</b>	21%	<b>25%</b>	26%	26%	21%	<b>29%</b>
Neutral	21%	25%	25%	25%	<b>29%</b>	20%	<b>26%</b>	25%	26%
Not sure	7%	<b>11%</b>	<b>12%</b>	<b>12%</b>	9%	9%	<b>12%</b>	9%	<b>13%</b>

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
<i>Base: Total Respondents</i>	<i>n=6382</i>	<i>n=602</i>	<i>n=191</i>	<i>n=158</i>	<i>n=156</i>	<i>n=121</i>	<i>n=95</i>	<i>n=110</i>	<i>n=87</i>	<i>n=184</i>	<i>n=71</i>
Yes	32%	38%	53%	55%	58%	64%	57%	43%	<b>71%</b>	59%	59%
No	<b>28%</b>	<b>29%</b>	18%	22%	12%	13%	19%	25%	9%	16%	13%
Neutral	<b>27%</b>	23%	19%	20%	24%	17%	17%	20%	13%	20%	27%
Not sure	<b>13%</b>	11%	9%	3%	6%	6%	7%	13%	7%	5%	1%





## Section 9

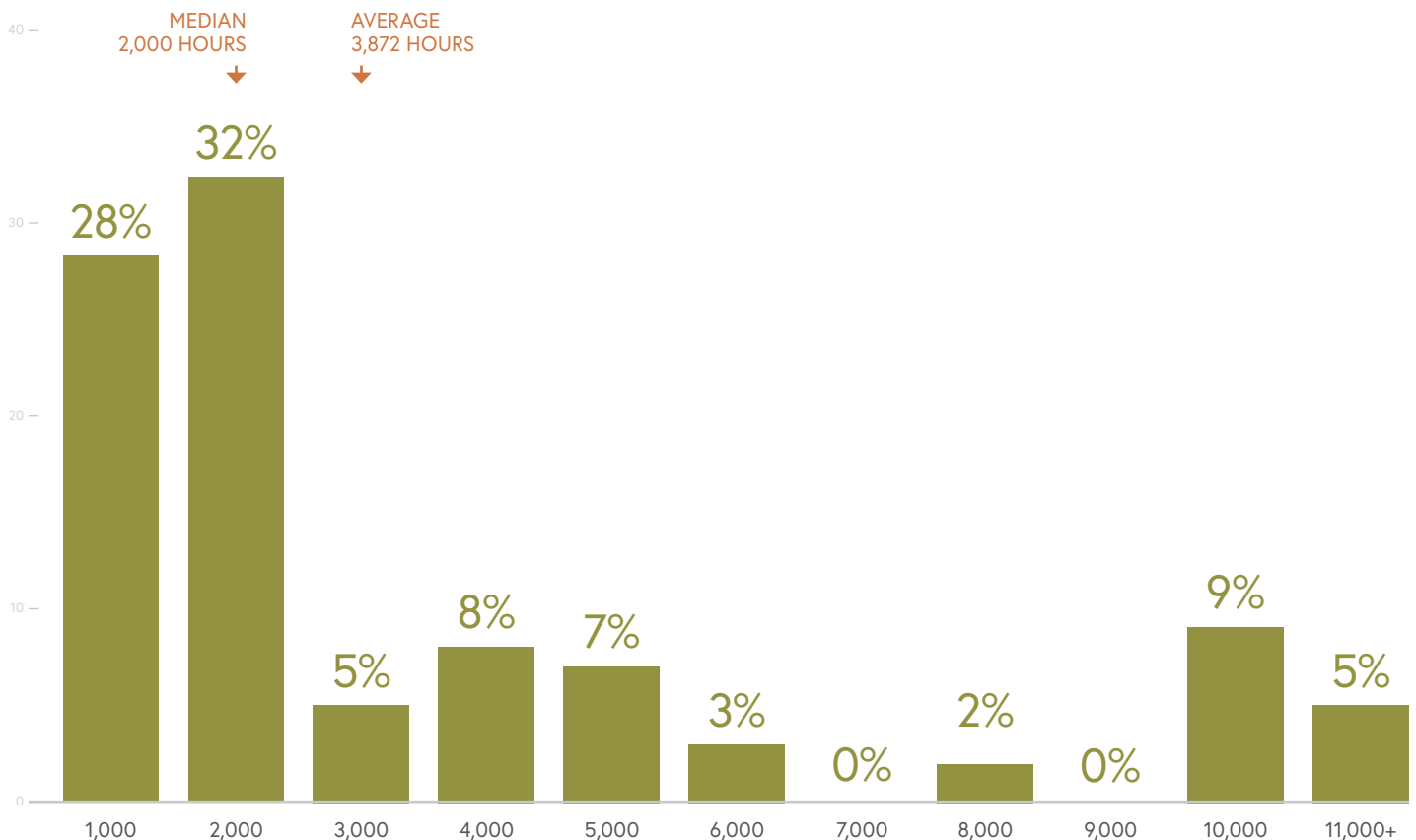
# Teacher Trainer Hours

**Yoga Professionals are divided on the minimum number of hours of teaching yoga** (group classes, private instruction, workshops) that should be required before a yoga teacher can be a yoga teacher trainer. About half (46%) believe a minimum number of teaching hours is appropriate, and of that group, a majority

believe that 1,000–2,000 hours is essential to become a teacher trainer (Figure 15). Another quarter (28%) are not sure how many hours should be required. And finally, a quarter (26%) feel hours should not determine if a teacher trainer is qualified.

FIGURE 15

### Number of hours to be a trainer of teachers





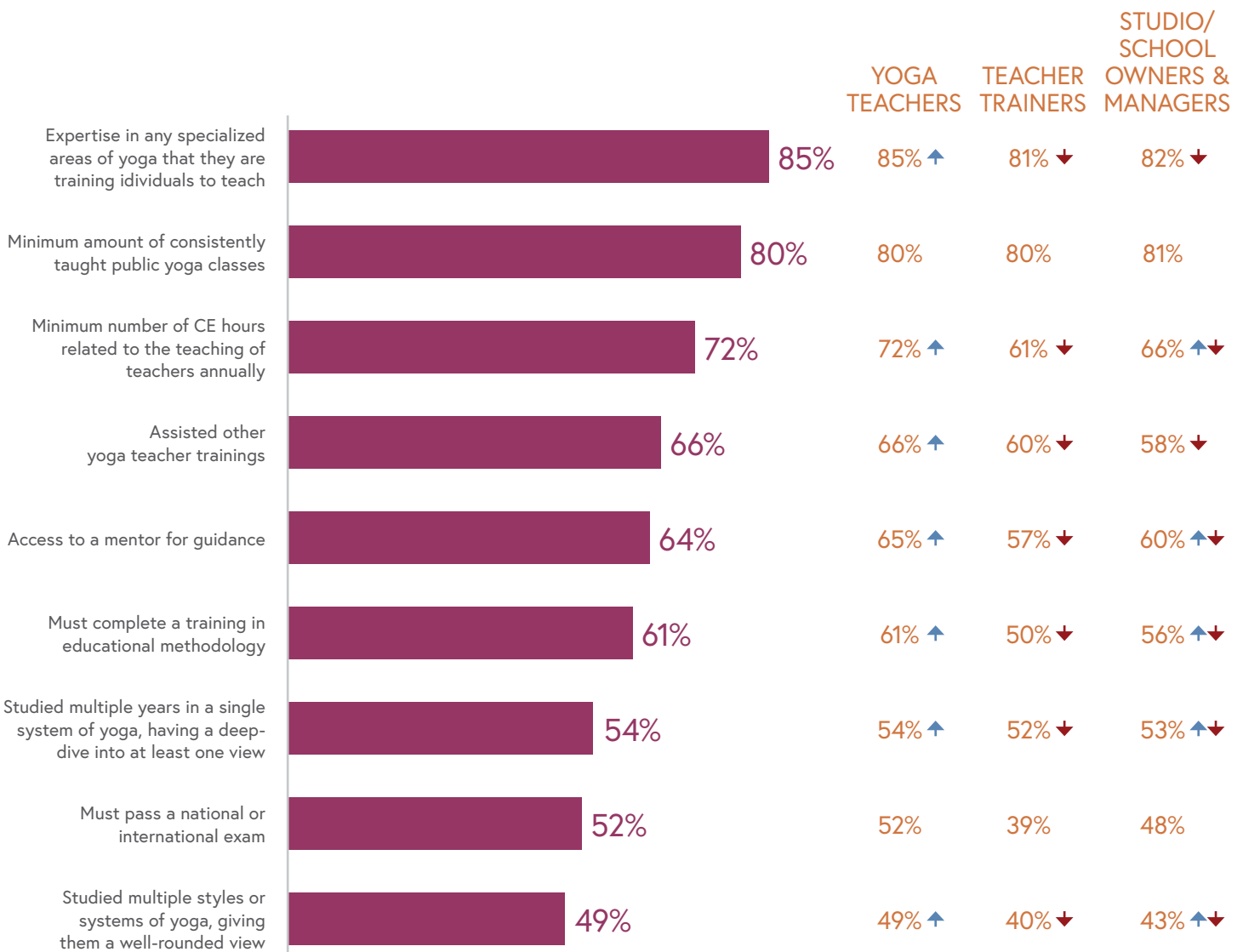
## Section 10

# Teacher Trainer Curriculum

According to Yoga Teachers, expertise in a specialized area of yoga is the number one requirement to be a teacher trainer (85%). A few areas receive mixed support depending upon level of training as depicted in Figure 16.

FIGURE 16

## Teacher trainer requirements by group



Arrows indicate a percentage is significantly higher/lower than another audience (95% confidence level)

FIGURE 17

### Which of the following standards or guidelines should be required to qualify as a yoga teacher trainer? (shown: % said “Yes, should be required”)

	PRACTITIONERS	YOGA PROS							
		YOGA PROS	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
<i>Base: Yoga Teachers, Teacher Trainers Only</i>	<i>n/a</i>	<i>n=9057</i>	<i>n=6630</i>	<i>n=987</i>	<i>n=1244</i>	<i>n=1162</i>	<i>n=7693</i>	<i>n=3132</i>	<i>n=5925</i>
The trainer must be able to demonstrate appropriate expertise in any specialized areas of yoga that they are training individuals to teach (such as western Anatomy and Physiology, etc.)		85%	86%	85%	84%	79%	<b>86%</b>	86%	85%
A minimum amount of consistently taught public yoga classes a prerequisite to teach yoga teacher training		80%	80%	79%	78%	75%	<b>80%</b>	79%	80%
A minimum number of continuing education hours related to the teaching of teachers must be completed annually to maintain qualification as a yoga teacher trainer		72%	<b>73%</b>	69%	68%	62%	<b>73%</b>	<b>74%</b>	70%
The trainer has assisted other yoga teacher trainings before teaching in one or creating their own		66%	65%	<b>69%</b>	<b>69%</b>	66%	66%	65%	66%
The trainer has access to a mentor for guidance		64%	63%	<b>68%</b>	<b>71%</b>	60%	<b>65%</b>	64%	64%
Every trainer must complete a training in educational methodology		61%	60%	62%	<b>64%</b>	56%	<b>62%</b>	<b>66%</b>	58%
The trainer has studied multiple years in a single system of yoga, giving them a deep-dive into at least one view of yoga		54%	53%	<b>57%</b>	<b>61%</b>	57%	54%	55%	54%
The trainer must pass a national or international exam		52%	50%	<b>58%</b>	<b>54%</b>	50%	52%	<b>60%</b>	48%
The trainer has studied multiple styles or systems of yoga, giving them a well-rounded view of yoga		49%	49%	51%	50%	47%	49%	<b>54%</b>	47%

FIGURE 17 CONT.

### Which of the following standards or guidelines should be required to qualify as a yoga teacher trainer? (shown: % said “Yes, should be required”)

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
<i>Base: Yoga Teachers, Teacher Trainers Only</i>	<i>n=6572</i>	<i>n=621</i>	<i>n=194</i>	<i>n=161</i>	<i>n=163</i>	<i>n=97</i>	<i>n=95</i>	<i>n=112</i>	<i>n=89</i>	<i>n=198</i>	<i>n=73</i>
The trainer must be able to demonstrate appropriate expertise in any specialized areas of yoga that they are training individuals to teach (such as western Anatomy and Physiology, etc.)	86%	87%	85%	85%	86%	77%	65%	56%	86%	85%	80%
A minimum amount of consistently taught public yoga classes a prerequisite to teach yoga teacher training	80%	79%	84%	81%	83%	76%	65%	71%	75%	76%	79%
A minimum number of continuing education hours related to the teaching of teachers must be completed annually to maintain qualification as a yoga teacher trainer	73%	72%	69%	79%	71%	66%	66%	59%	<b>85%</b>	72%	80%
The trainer has assisted other yoga teacher trainings before teaching in one or creating their own	66%	66%	70%	73%	69%	60%	55%	53%	71%	<b>75%</b>	73%
The trainer has access to a mentor for guidance	64%	66%	68%	68%	71%	49%	61%	71%	79%	<b>79%</b>	80%
Every trainer must complete a training in educational methodology	59%	61%	60%	71%	71%	65%	62%	69%	78%	72%	70%
The trainer has studied multiple years in a single system of yoga, giving them a deep-dive into at least one view of yoga	53%	56%	56%	63%	57%	58%	55%	64%	65%	68%	71%
The trainer must pass a national or international exam	49%	56%	54%	63%	68%	65%	58%	45%	72%	64%	66%
The trainer has studied multiple styles or systems of yoga, giving them a well-rounded view of yoga	47%	50%	51%	59%	63%	51%	54%	59%	68%	<b>72%</b>	<b>79%</b>



# Section 11 Mentorship

Respondents feel the benefits of mentorship are deep and consequential. Yoga Professionals understand the value of mentorships and many (60%) see them as equally important as training itself (Figure 18).

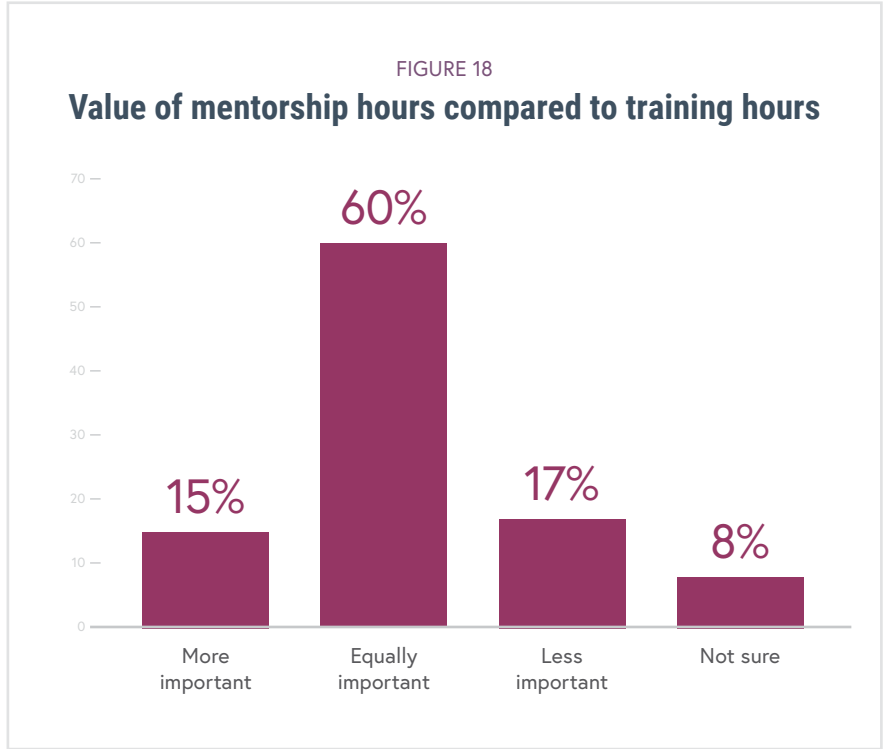


FIGURE 19  
How important are mentorship hours compared to training hours?

	PRACTITIONERS	YOGA PROS							
		YOGA PROS	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
<i>Base: Yoga Teachers, Teacher Trainers Only</i>	<i>n/a</i>	<i>n=9057</i>	<i>n=6630</i>	<i>n=987</i>	<i>n=1244</i>	<i>n=1162</i>	<i>n=7693</i>	<i>n=3132</i>	<i>n=5925</i>
More important		15%	14%	20%	20%	29%	13%	21%	13%
Equally important		60%	59%	61%	63%	49%	62%	60%	60%
Less important		17%	18%	13%	10%	15%	17%	12%	19%
Not sure		8%	8%	6%	7%	7%	8%	7%	9%

FIGURE 19 CONT.

### How important are mentorship hours compared to training hours?

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
<i>Base: Yoga Teachers, Teacher Trainers Only</i>	<i>n=6572</i>	<i>n=621</i>	<i>n=194</i>	<i>n=161</i>	<i>n=163</i>	<i>n=97</i>	<i>n=95</i>	<i>n=112</i>	<i>n=89</i>	<i>n=198</i>	<i>n=73</i>
More important	12%	10%	26%	30%	37%	25%	44%	36%	31%	<b>45%</b>	34%
Equally important	60%	<b>66%</b>	55%	47%	56%	63%	47%	50%	68%	47%	55%
Less important	<b>19%</b>	16%	14%	15%	5%	8%	7%	7%	2%	4%	11%
Not sure	9%	8%	4%	8%	2%	3%	2%	7%	-	3%	-



# 88%

of Yoga Professionals who have had/been a mentor say **HAVING A MENTOR INCREASED THEIR SKILLS** as a yoga teacher



## Section 12

# Specialty Credentials

Of the Teachers and Trainers surveyed, 83 percent are interested in specialty credential options around a variety of topics, including specific orthopedic issues (85%), yogic meditation (80%), and yoga for all bodies (80%). Figure 20 looks at interest level for specialty credentials among the top 10 topics of interest.

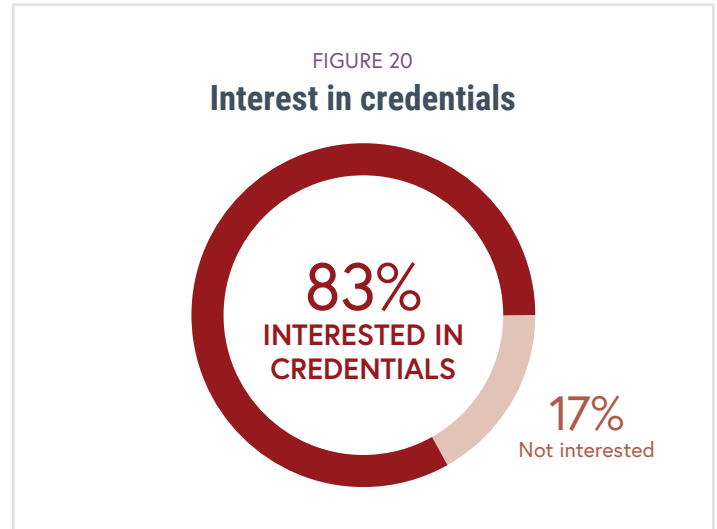
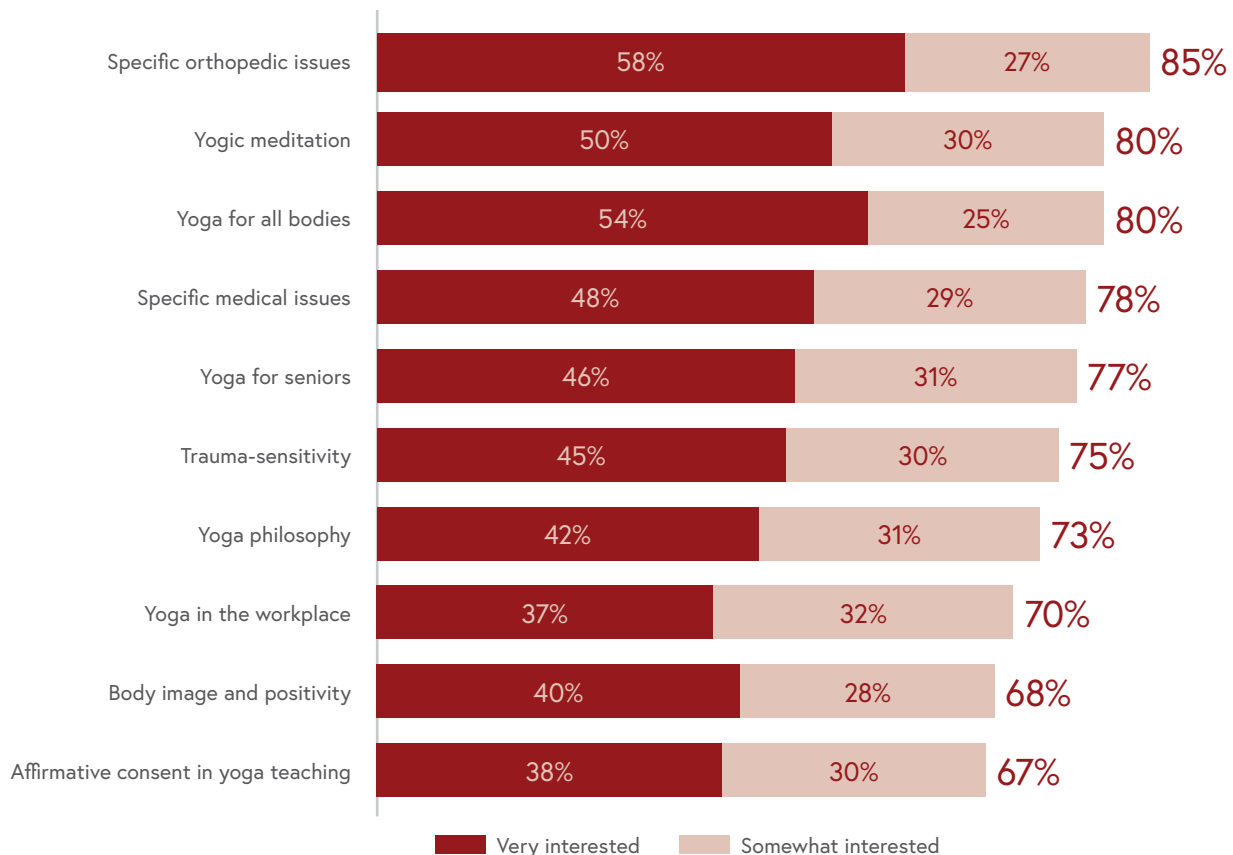


FIGURE 20 CONT.  
Top 10 topics of interest





# Section 13 Online Learning

While some topics within a yoga curriculum do not easily lend themselves to an online setting, others do. Topics deemed best suited to online learning include history of yoga, yoga philosophy, yoga ethics, Sanskrit,

and professional business skills. Figure 21, highlights the topics Yoga Professionals in the survey believe are most suited and least suited to online learning.

FIGURE 21

## Topics most suited and least suited to online learning

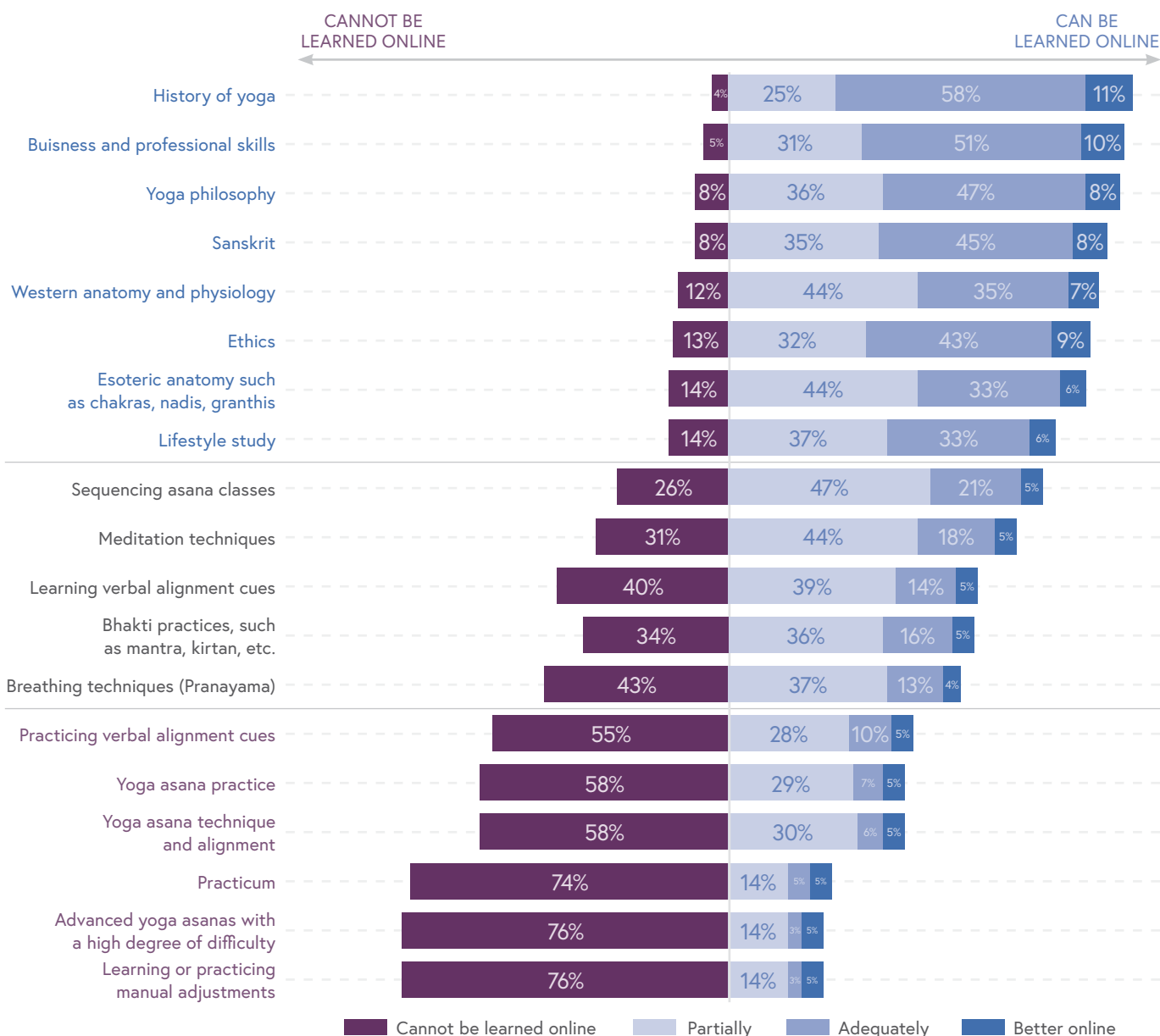




FIGURE 22

**Yoga teacher training includes various subjects and learning styles. Please rate your opinion of online learning for each of the following subjects. Please assume the quality of the teacher would not be an issue. (% who say can be learned online partially, adequately, or better)**

	PRACTITIONERS	YOGA PROS							
		YOGA PROS	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
<i>Base: Yoga Teachers, Teacher Trainers Only</i>	<i>n/a</i>	<i>n=7994</i>	<i>n=6004</i>	<i>n=871</i>	<i>n=965</i>	<i>n=971</i>	<i>n=6852</i>	<i>n=2701</i>	<i>n=5293</i>
History of Yoga		95%	<b>95%</b>	93%	91%	92%	<b>95%</b>	94%	95%
Business and Professional Skills		92%	<b>93%</b>	90%	87%	90%	<b>92%</b>	91%	92%
Yoga Philosophy		90%	<b>91%</b>	89%	87%	89%	<b>91%</b>	90%	91%
Sanskrit		89%	<b>90%</b>	86%	84%	87%	89%	88%	89%
Western Anatomy and Physiology		86%	<b>87%</b>	86%	84%	87%	86%	85%	87%
Ethics		84%	<b>86%</b>	82%	79%	83%	85%	85%	84%
Esoteric Anatomy such as chakras, nadis, granthis		82%	<b>84%</b>	80%	77%	78%	<b>83%</b>	82%	82%
Lifestyle Study		76%	<b>76%</b>	73%	73%	76%	76%	75%	76%
Sequencing Asana Classes		72%	<b>73%</b>	69%	69%	74%	72%	71%	73%
Meditation techniques		67%	<b>68%</b>	64%	62%	63%	<b>67%</b>	67%	66%
Learning verbal alignment cues		58%	59%	57%	56%	<b>64%</b>	57%	<b>62%</b>	57%
Bhakti Practices, such as Mantra, kirtan, etc.		56%	57%	53%	54%	58%	56%	56%	56%
Breathing techniques (Pranayama)		55%	<b>56%</b>	53%	52%	57%	55%	<b>57%</b>	54%
Practicing verbal alignment cues		43%	42%	43%	<b>46%</b>	<b>51%</b>	42%	44%	42%
Yoga Asana Practice		41%	41%	39%	41%	<b>48%</b>	40%	42%	40%
Yoga Asana Technique and Alignment		40%	40%	40%	41%	<b>49%</b>	39%	<b>42%</b>	39%
Practicum (e.g. practice teaching any of the learned techniques)		24%	22%	<b>26%</b>	<b>30%</b>	<b>34%</b>	22%	<b>27%</b>	22%
Learning or practicing manual adjustments		22%	21%	<b>25%</b>	<b>27%</b>	<b>36%</b>	20%	<b>24%</b>	21%
Advanced Yoga Asanas with a high degree of difficulty such as Inversions		22%	21%	<b>25%</b>	<b>25%</b>	<b>32%</b>	21%	<b>27%</b>	20%

FIGURE 22 CONT.

**Yoga teacher training includes various subjects and learning styles. Please rate your opinion of online learning for each of the following subjects. Please assume the quality of the teacher would not be an issue. (% who say can be learned online partially, adequately, or better)**

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
<i>Base: Yoga Teachers, Teacher Trainers Only</i>	<i>n=5913</i>	<i>n=566</i>	<i>n=174</i>	<i>n=145</i>	<i>n=123</i>	<i>n=100</i>	<i>n=72</i>	<i>n=93</i>	<i>n=71</i>	<i>n=143</i>	<i>n=56</i>
History of Yoga	95%	95%	93%	95%	94%	93%	91%	86%	97%	91%	91%
Business and Professional Skills	92%	91%	92%	94%	93%	90%	81%	85%	91%	80%	93%
Yoga Philosophy	91%	90%	86%	92%	93%	89%	81%	80%	94%	82%	85%
Sanskrit	89%	88%	86%	87%	88%	88%	75%	90%	90%	80%	84%
Western Anatomy and Physiology	87%	89%	87%	91%	85%	79%	83%	82%	<b>94%</b>	79%	80%
Ethics	85%	83%	79%	<b>91%</b>	88%	77%	78%	77%	85%	78%	91%
Esoteric Anatomy such as chakras, nadis, granthis	83%	81%	82%	82%	<b>89%</b>	70%	81%	76%	75%	70%	78%
Lifestyle Study	75%	76%	73%	83%	<b>93%</b>	70%	78%	78%	84%	80%	87%
Sequencing Asana Classes	72%	75%	68%	78%	71%	<b>84%</b>	61%	66%	82%	73%	76%
Meditation techniques	68%	67%	59%	<b>73%</b>	<b>73%</b>	58%	55%	60%	66%	56%	71%
Learning verbal alignment cues	57%	56%	56%	69%	73%	67%	61%	64%	<b>81%</b>	<b>76%</b>	76%
Bhakti Practices, such as Mantra, kirtan, etc.	56%	53%	54%	61%	61%	56%	58%	65%	72%	70%	64%
Breathing techniques (Pranayama)	55%	56%	44%	63%	66%	48%	54%	56%	63%	58%	69%
Practicing verbal alignment cues	40%	44%	45%	56%	68%	64%	59%	65%	68%	62%	73%
Yoga Asana Practice	39%	45%	39%	52%	58%	39%	43%	55%	53%	<b>59%</b>	<b>65%</b>
Yoga Asana Technique and Alignment	39%	42%	37%	56%	53%	53%	51%	55%	46%	55%	62%
Practicum (e.g. practice teaching any of the learned techniques)	20%	22%	30%	42%	53%	34%	45%	38%	49%	<b>61%</b>	<b>65%</b>
Learning or practicing manual adjustments	19%	22%	24%	37%	48%	36%	<b>52%</b>	43%	40%	<b>58%</b>	<b>62%</b>
Advanced Yoga Asanas with a high degree of difficulty such as Inversions	19%	25%	29%	36%	42%	33%	<b>49%</b>	29%	40%	44%	<b>56%</b>



# Section 14 SEVA

Relative to other requirements, SEVA ranks low in importance for both Practitioners (36%) and Professionals (28%). However, the data suggests that some may not be aware of selfless service in yoga, as 33% say they are "not sure."

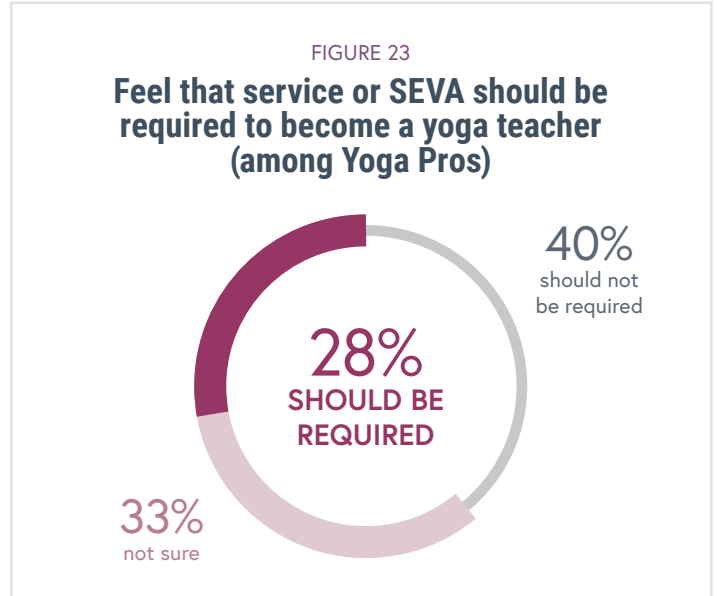


FIGURE 24  
Which of the following standards or guidelines should be required to become a safe and skillful yoga teacher (Actively participate in service or SEVA)?

	PRACTITIONERS	YOGA PROS							
		YOGA PROS (NET)	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
Base: Total Respondents	n=3331	n=9057	n=6630	n=987	n=1244	n=1162	n=7693	n=3132	n=5925
	36%	28%	27%	31%	33%	32%	28%	31%	27%

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
Base: Total Respondents	n=6572	n=621	n=194	n=161	n=163	n=97	n=95	n=112	n=89	n=198	n=73
	26%	23%	32%	39%	48%	27%	34%	31%	54%	66%	60%



## Section 15

# Sanskrit

Practitioners (56%) hold teachers to higher standards than Yoga Professionals (45%) hold themselves to when it comes to understanding Sanskrit (see Figure 25). Less than half of yoga Professionals believe this should be a requirement of becoming a yoga teacher, and it ranks low compared to other possible guidelines.

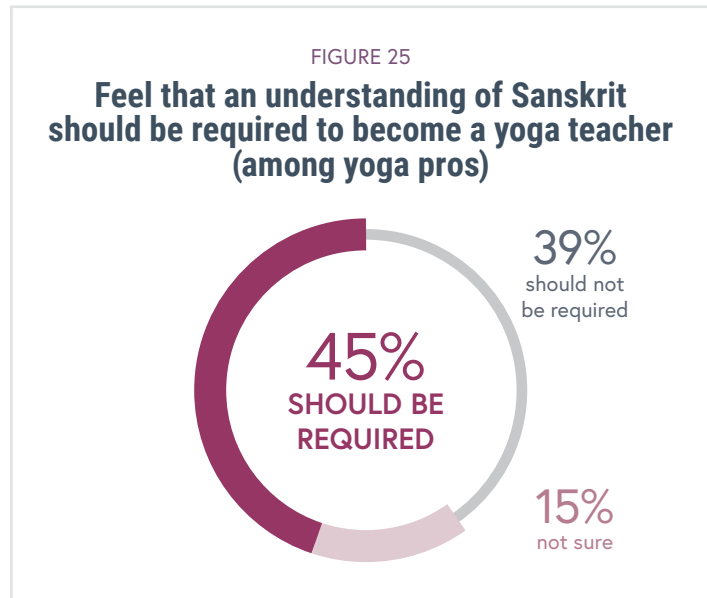


FIGURE 26

**Which of the following standards or guidelines should be required to become a safe and skillful yoga teacher (Demonstrate an understanding of Sanskrit terminology related to yoga)?**

	PRACTITIONERS	YOGA PROS							
		YOGA PROS (NET)	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
Base: Total Respondents	n=3331	n=9057	n=6630	n=987	n=1244	n=1162	n=7693	n=3132	n=5925
	56%	45%	44%	49%	48%	45%	45%	49%	43%

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
Base: Total Respondents	n=6572	n=621	n=194	n=161	n=163	n=97	n=95	n=112	n=89	n=198	n=73
	43%	40%	49%	59%	68%	54%	55%	42%	60%	64%	68%



## Section 16

# Mind, Body, and Spirit

Among those Professionals surveyed, mind and body (33%) are what they primarily teach; however mind, body, and spirit are all part of their personal practice (45%). Figure 27 looks at the combination of mind, body, and spirit when it comes to teaching versus practicing yoga.

Figure 28 looks at mind, body, and spirit by demographics and select countries. The United States and Canada embrace the philosophy of body above all else (68% and 69%, respectively). Spirituality is included in teaching and personal practice in combination with either mind, body, or both.

FIGURE 27

## Teaching vs. Personal Practice when it comes to mind, body, and spirit (among Yoga Pros)

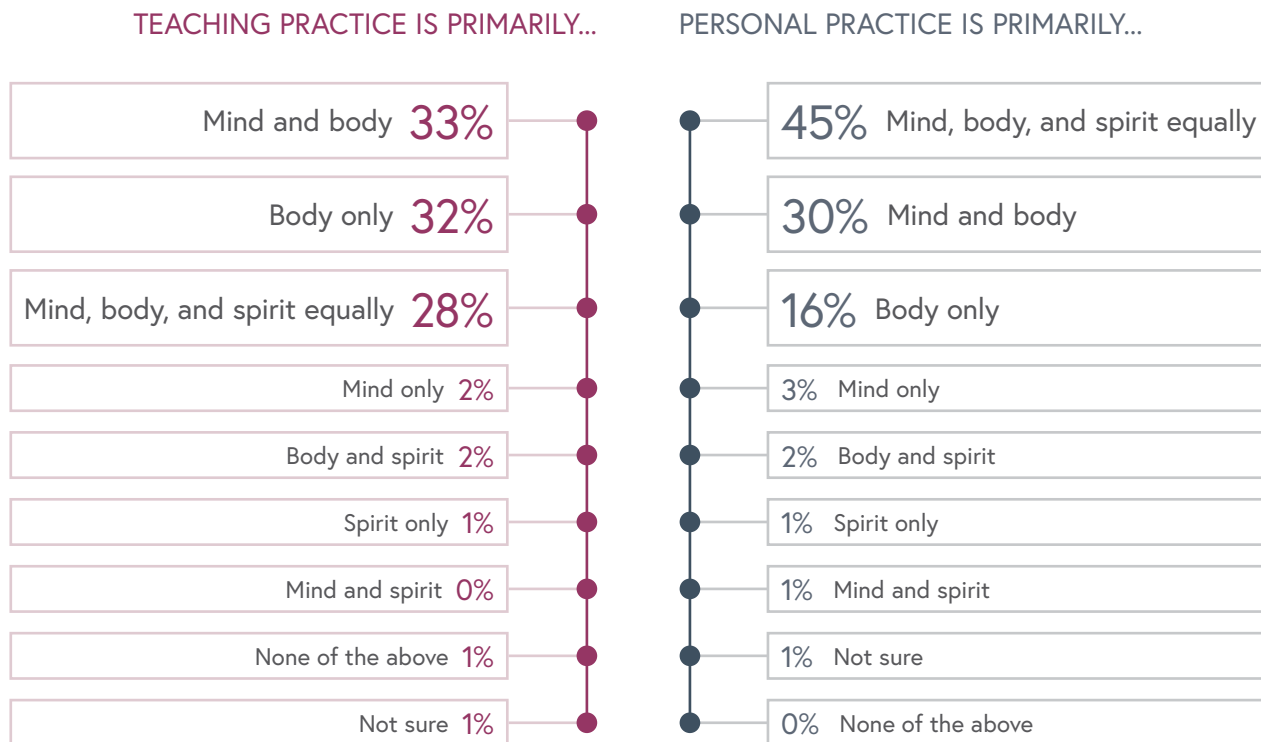


FIGURE 28

## Which of the following do you primarily teach in yoga?

	PRACTITIONERS	YOGA PROS							
		YOGA PROS	YA MEMBERSHIP			GENDER		AGE	
			MEMBER	FORMER MEMBER	NON-MEMBER	IDENTIFY AS MALE	IDENTIFY AS FEMALE	<40	40+
Base: Yoga Teachers, Teacher Trainers Only	n/a	n=7429	n=5642	n=792	n=859	n=906	n=6365	n=2517	n=4912
Mind - contemplative practices		36%	<b>37%</b>	33%	32%	32%	<b>36%</b>	<b>39%</b>	34%
Spirit - Indian roots/philosophy e.g. any of the following views: Hindu/Buddhist/Jain/Vedanta/Tantra/Patanjali/Bhagavad Gita		3%	3%	<b>5%</b>	4%	<b>9%</b>	2%	<b>5%</b>	2%
Body – breath based physical practice (Asanas and Pranayama)		66%	<b>68%</b>	61%	61%	56%	<b>68%</b>	<b>69%</b>	65%
Sanskrit		28%	28%	28%	29%	<b>33%</b>	27%	24%	<b>30%</b>
None of the above		1%	1%	<b>3%</b>	<b>2%</b>	1%	1%	1%	1%
Not sure		1%	0%	<b>1%</b>	<b>1%</b>	1%	1%	1%	1%

	YOGA PROS										
	USA	CANADA	UK	AUSTRALIA	MEXICO	GERMANY	FRANCE	JAPAN	CHINA	INDIA	SOUTH AFRICA
Base: Yoga Teachers, Teacher Trainers Only	n=5501	n=533	n=159	n=143	n=111	n=95	n=68	n=87	n=68	n=117	n=55
Mind - contemplative practices	36%	38%	38%	35%	22%	29%	28%	26%	41%	25%	33%
Spirit - Indian roots/philosophy e.g. any of the following views: Hindu/Buddhist/Jain/Vedanta/Tantra/Patanjali/Bhagavad Gita	2%	2%	4%	6%	11%	<b>19%</b>	<b>22%</b>	<b>18%</b>	7%	12%	11%
Body – breath based physical practice (Asanas and Pranayama)	<b>68%</b>	<b>69%</b>	58%	56%	59%	52%	46%	52%	<b>69%</b>	41%	51%
Sanskrit	28%	26%	30%	34%	33%	25%	25%	20%	15%	<b>43%</b>	33%
None of the above	1%	2%	1%	1%	1%	1%	1%	5%	1%	-	-
Not sure	1%	1%	1%	-	-	-	<b>4%</b>	<b>8%</b>	1%	-	-