
Free yoga teacher training comparison worksheet

Choose a program with evidence, not a sales pitch

This independent worksheet helps you compare yoga teacher training programs before paying a deposit. It does not train or certify you, award instructional hours, or replace a school's program documents. It is not affiliated with or endorsed by Yoga Alliance. Verify current requirements with the school and Yoga Alliance before you enroll.

How to use it: Choose two or three programs. Fill in the same fields for each. Write **unknown** when you cannot verify an answer. Do not score an unknown as a yes.

Page 1 - Define your goal and limits

I want training primarily to: **deepen my own practice / learn to teach / pursue RYT registration / explore teaching / other:** _____.

By _____, I would like to be able to _____.

I will know the training helped if _____.

Your limit or preference	Your answer
Maximum cash available without borrowing	
Earliest and latest workable dates	
Days and hours available each week	
Maximum travel time per session	
In-person, online, or mixed preference	
Style or teaching approach you want	
Language or accessibility needs	
Type of feedback you learn from	

Non-negotiables: List three things a program must provide. 1. _____ 2. _____ 3. _____.

Optional discovery step: If possible, attend a class taught by a prospective trainer. Write what you observed about teaching style, clarity, feedback, and whether you want to learn from this person for months. A sample class is evidence of fit, not a credential check.

Page 2 - Check the credential path

RYS is a designation for a Registered Yoga School and its registered program. **RYT** is a designation for an individual Registered Yoga Teacher. An RYS 200 offers a foundational 200-hour training. Yoga Alliance says RYT 200 follows completion of a registered 200-hour teacher training and a separate application process.[1][2] A school's completion certificate is not itself RYT registration. Reading this worksheet or taking a short course does not satisfy 200 hours of training.

For each school, search the [Yoga Alliance school directory](#) and ask whether the **exact cohort and program** you would join is covered by the listing. Save a dated copy of the program page and the school's written answer. If RYT is not your goal, you can still use the questions below to clarify what the school promises.

Credential evidence	Program A	Program B	Program C
School and exact program name			
Current directory profile URL and date checked			
Listed designation, if relevant			
Confirmation this cohort is covered			
Graduation requirements and assessment			
Completion document promised			
Later RYT application explained			
Unanswered credential question			

Yoga Alliance's published RYS 200 standards include four educational areas: techniques and practice, anatomy and physiology, yoga humanities, and professional essentials. They describe trainee assessment, not graduation based only on attendance.[1] Ask which current standards apply to your cohort and how the school meets them. Formats can include distance learning, but ask exactly how live instruction, practice teaching, and feedback work.[1]

Page 3 - Ask every school the same questions

Request written answers to items that affect money, hours, or credential eligibility.

- 1. What lineage, style, or method organizes the program? What should a graduate be prepared to teach?
- 2. Can you send the complete schedule showing live instruction, independent work, practice teaching, and assessment?
- 3. Who are the lead trainers? Who observes and gives feedback on my teaching, and how often?
- 4. How are missed sessions and unsuccessful assessments handled? Are makeup sessions available and priced separately?
- 5. How does the program cover anatomy, yoga humanities, ethics, accessibility, and professional practice?
- 6. What is the cohort size? How much individual feedback can a trainee reasonably expect?
- 7. Which credential or certificate does graduation produce? What additional registration or payment would I need afterward?
- 8. What is the total required price? Which items are outside tuition?
- 9. What is the current refund, cancellation, deferral, and transfer policy? What happens if the school changes dates or cancels?
- 10. May I attend a sample class or speak with a recent graduate?

Program	Strongest written answer	Most important unanswered question	Follow-up date
A			
B			
C			

Translate vague claims into specific questions: “Get certified quickly” means which document, from whom, after how many hours and what assessment? “Fully online” means which live sessions, in which time zone, with what feedback? “All inclusive” means which materials, travel, makeup hours, and later application fees are included?

Page 4 - Calculate the real cost and calendar

Enter **0** only when a cost truly does not apply. Otherwise write **unknown** until you have the school's current price in writing. Do not count a deposit twice if it is credited toward tuition.

Required cash	Program A	Program B	Program C
Tuition after confirmed discount			
Deposit not included in tuition			
Required books, classes, and materials			
Assessment or makeup fees			
Travel, parking, and lodging			
Childcare or other attendance cost			
Separate credential fees, if relevant			
Other required cost			
Total = sum of the eight rows above			

Cash-flow check: Amount due before training _____ - cash already saved _____ = funding gap _____.
Funding gap ÷ months until due _____ = amount to save per month _____.

Calendar check: Scheduled program hours _____ ÷ weeks from start to finish _____ = average scheduled hours per week _____. Then add your expected travel and independent study time. A 200-hour program over 20 weeks averages 10 scheduled hours per week, but the actual calendar may be uneven.

Disruption check: If I miss _____, the written makeup policy says I can _____, at a cost of _____.
Source/date: _____.

For editable totals in a browser, open the companion **compare.html** file. It calculates the cost rows and weighted scores locally; it does not submit data to a website.

Page 5 - Score only programs that pass your gates

A numerical score cannot rescue a program you cannot attend or afford. Mark each gate first:

Gate	A	B	C
Within my cash limit	yes / no / unknown	yes / no / unknown	yes / no / unknown
Fits my calendar	yes / no / unknown	yes / no / unknown	yes / no / unknown
Credential path verified, if needed	yes / no / unknown	yes / no / unknown	yes / no / unknown
Refund terms understood and acceptable	yes / no / unknown	yes / no / unknown	yes / no / unknown

For remaining programs, score each dimension **0-4**: 0 = no evidence or unacceptable; 1 = weak; 2 = workable; 3 = strong; 4 = excellent for your goal. Multiply each score by its weight. The weights are your choice; these defaults sum to 100. Change them **before** scoring if your priorities differ.

Dimension	Weight	A score	B score	C score
Credential/path evidence, if relevant	25			
Curriculum, practice teaching, and feedback	25			
Trainer and style fit	15			
Schedule and access	15			
Total cost and cash flow	10			
Policies and support	10			

Weighted result out of 100 = $\text{sum}(\text{score} \times \text{weight}) \div 4$. If RYT is not your goal, reassign the 25 credential points before scoring. Add a URL or dated note for each high or low score. An unexplained score is an impression, not evidence.

Page 6 - Make a decision you can revisit

My leading program is _____. My runner-up is _____.

I chose the leader because _____.

The strongest evidence is saved at _____.

The largest remaining uncertainty is _____.

I will resolve it by _____. If I cannot, I will **wait / choose another program / proceed with this known uncertainty**.

Expected total cash _____. Main payment dates _____. Weekly time _____.

Before I pay, I will recheck the school's current listing, schedule, graduation requirements, and refund terms on _____.

If you later apply for RYT 200, keep your training certificate, exact program dates, and school name. Yoga Alliance's application guide describes submitting those details, seeking school confirmation, and completing the applicable registration steps and fees.[2] Check the live guide when you apply. Completing this worksheet is not an application.

Sources and update note

Credential information was checked **October 5, 2026**. This worksheet's questions, calculator, and scorecard are independent decision tools, not Yoga Alliance requirements. Rules and fees may change; check the live sources before relying on them.

[1] [Yoga Alliance, Standards for Registered Yoga Schools](#) and [Find a Yoga School](#).

[2] [Yoga Alliance, Registered Yoga Teacher Application Guide](#) and [Explore Training Options](#).

Editorial status: Free beta. An independent yoga educator has not reviewed this worksheet. Verify current credential details with Yoga Alliance and each school before enrolling.