

New for 2020! Registered Yoga Schools may offer 40 of the 200 classroom hours under the new RYS™ 200 standards in online format to support the Core Curriculum areas of Anatomy & Physiology and Yoga Humanities. Yoga Alliance has created this interactive checklist of best practices to assist schools on how to approach offering content via an online format.

Please consider these best practices when developing and presenting online content within your yoga teacher training program.

Vary the delivery of the online content, providing a balanced blend of prerecorded and live material in order to serve multiple modalities of learning.

Incorporate the online content into the overall assessment of the Core Curriculum topics of Anatomy & Physiology and Yoga Humanities.

Ensure that the online content is interactive, placing a focus on learning and integration rather than relying on heavy text or long lectures.

Ensure the outcomes of the online content support the expectations of the teacher training program.

Clearly define online content and corresponding learning expectations; provide supporting written materials where applicable.

Ensure Lead Trainer has oversight and awareness of the online content.

Consider using a learning management system to help support your course management (i.e., accountability, time management, knowledge assessment).

Confirm that the video and audio production is of high and clear quality.

Ensure that all students know that there is online content, have access to internet connectivity and devices, and that there are options provided for any students who are hearing and/or visually impaired.

If using third-party content, obtain consent and rights in order to distribute the information to your students.

These best practices were compiled from conversations with numerous experts in the space of online learning in the form of working groups and task forces.