

YOGA TRAINING COST COMPARISON CHART

Below is a comparison chart showing the offerings and costs of Yoga Teacher Training programs in the Raleigh/Wilmington area. Use it to make an informed decision when choosing a training program.

****Yoga Alliance REQUIRES 180 Contact Hours** to obtain your RYT200 Certificate; these must be in a training setting or part of the curriculum with an RYT200/500 or ERYT. If a training program does NOT add up to 180 Contact Hours, ask how you make up additional required hours to discover what the true cost is to you, considering any lost wages (teaching for free), paying additional for Workshops/Classes, or not getting the full training you paid for (less than 180 Contact Hours). **Note:** Lunchtime and other time spent outside of training without a facilitator/trainer cannot count toward the required 180 Contact Hours per Yoga Alliance guidelines.

School/Location	Yoga Legacy	Cary	North Raleigh	Apex	Raleigh
Program Pricing	\$2,400-\$3,200	\$2,599-\$2,799	\$2,300-\$2,550	\$2,500-\$2,800	\$2,650-\$3,200
Hours in Training	180**	144**	150**	144-160**	160**
Cost of Books to Purchase	None	\$100+ estimate	\$60-\$90	\$100+ estimate	\$100+ estimate
Additional Costs and Requirements*	None	15 hours attending classes** and 5 hours assist teaching*. Contact hours are 16 hours short of 180 hours required by Yoga Alliance – unclear how these are completed.	30 Hours Internship	16 Hour Workshop plus Online Course \$495 + \$97 (Still need 20 hours @ approx. \$210 with a class pass)	18 classes/workshops, 15 classes/workshops in Specialty, 12 assisting classes, 9 Community Classes \$1,000+/- depending on workshops & classes taken
Option to Make Up Missed Hours	Option to take next session (\$0 if scheduled before training begins)	\$150-250 to transfer; no indication of how to make up missed required contact hours	None, must pay for privates	None, must pay for privates @ \$100 per hour	None, must pay for privates @ \$85 per hour
Total Cost	\$2,400-\$3,200	\$2,599-\$3,650	\$3,333-\$4,283	\$3,302-\$3,502	\$3,750-\$4,300

* Some of these costs are based on what a trainee is usually paid teaching/assisting classes outside of training in a studio or gym setting.

School/Location	Wilmington
Program Pricing	\$2,400-\$2,825
Hours in Training	132**
Cost of Books to Purchase	\$133
Additional Costs and Requirements*	27-48 hour Internship, 5 Free Classes to Community \$800-\$1,325
Options to Make Up Missed Hours	None, must pay for privates
Total	\$3,333-\$4,283