

YOGA TRAINING COST COMPARISON CHART

Below is a comparison chart showing Programs in the area, allowing trainees to make an informed decision when choosing a Program.

****Yoga Alliance (YA) 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 training does NOT add up to 180 Contact Hours, ask how you make up additional required hours to discover what the true cost to you is - either 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 (YA) guidelines.

School/Location	Yoga Legacy	Holly Springs	Cary	Apex	Raleigh
Program Pricing	\$2,100*-\$3,200	\$1,995	\$2,599-\$2,799	\$2,500-\$2,800	\$2,650-\$3,200
Hours in Training	180**	110-140**	144**	144-160**	160**
Books to Purchase - cost	None	Not noted	\$100 estimate	\$100 approx.	\$100 estimate
Additional Costs and Requirements***	None	Unclear - Must either attend workshops for additional 40-70 YA required training hours at \$25 per 2 hours or teach free yoga classes at hosting facility. \$500- \$875	Unclear – either less than required 180 hours or 36 hours in assist teaching*	16 Hour Workshop - \$495 plus \$97 for online required – required classes (approx. 20 = \$210 – class pass)	18 classes/ workshops, 15 classes/ workshops in Specialty, 12 assisting classes, 9 Community Classes – \$1,000+ – depending on workshops classes taken
Missing Hours Option(s)	Option to take next session (\$0 if scheduled before training begins)	Not noted, not transparent. Hours must be made up per YA requirements.	\$150 to transfer – no indication of how you make up missed, YA required contact hours	None - must pay for privates at \$100 per hour	None – must pay for privates at \$85 per hour
Total Cost (not including make up fees if applicable)	\$2,100*-\$3,200	\$2,495-\$2,870	\$2,599-\$3,799	\$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.

* SEVA Program

School/Location	Wilmington	North Raleigh
Program Pricing	\$2,400-\$2,825	\$2,300-\$2,550
Hours in Training	132**	150**
Books to Purchase - cost	\$133	\$60-\$90
Additional Costs and Requirements*	27-48 hour Internship, 5 Free Classes to Community \$800-\$1,325	30 Hours Internship
Missing Hours Option(s)	None – must pay for privates	None – must pay for privates
Total Cost (not including make up fees if applicable)	\$3,333-\$4,283	\$3,333-\$4,283