March 10, 2023

Dear Program Director,

The purpose of this email is to provide an update on the IAYT Accreditation COVID-19 Response directive and the expanded Accreditation Standards related to program delivery methods.

IAYT understands yoga therapy programs have worked diligently to find ways to continue the education of their students during this difficult time. Displaying the creativity that drives educational innovation, accredited programs have made great strides in overcoming obstacles. IAYT has continued to converse with accredited programs, member schools, program directors and faculty members related to how the lived experiences and lessons learned could impact future yoga therapy education.

In January 2022, a working group was established to gather data on what has been learned from the Covid-19 pandemic experience in education and specifically, yoga therapy education. The charge of this group was to make a recommendation to the accreditation committee (AC) on if the standards related to program delivery hours should be reviewed for any potential updates. Based on this information, the working group made the recommendation to the AC that there was enough evidence (both in the literature and from PDs/faculty) that online learning might have a permanent place in yoga therapy education and the AC should review the current standards for consideration of possible changes.

An AC sub-committee was formed and gathered evidence from the current literature, results from a February 2023 survey to Program Directors, and testimonials from students and yoga therapy clients to help inform the decision.

On March 4, 2023 the Accreditation Committee voted to expand the accreditation standards to include more options for program delivery for yoga therapy education.

<table>
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<tr>
<th>2019 Accreditation Standard</th>
<th>Updated Standard</th>
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<td>3.2.2 the minimum 800 hours must include:</td>
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<tr>
<td>3.2.2.1 A minimum of 500 residential hours</td>
<td>3.2.2.1 A minimum of 500 residential, synchronous distance-learning, or hybrid (available as both residential and distance)</td>
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<td>3.2.3.2 A maximum of 300 hours asynchronous distance learning</td>
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Programs will require review and accreditation of their effectiveness in delivering distance education programs. IAYT is in the process of establishing accreditation standards/policies and procedures for evaluation and accountability measures that demonstrate if a program is capable of effective delivery of distance education programs. These expanded requirements will be published to the program directors in approximately 90 days.

Please send comments and questions to accreditation@iayt.org.

It is our goal to keep you informed and provide guidance in the continuous quality improvement of yoga therapy education.

Best Regards,

Heidi M. Crocker
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