



IAYT Certified Yoga Therapist (C-IAYT®) Continuing Education Requirements

C-IAYT Recertification is required every 3 years. To be eligible for recertification you must:

- Be an active member of IAYT
- Submit at least 24 hours of IAYT approved continuing education.
- Pass the online IAYT Ethics & Scope of Practice Quiz (2 CEs) - for first time C-IAYTs.
- Pass new online IAYT Ethics & Scope of Practice trainings (2 CEs) for subsequent recertification.

Continuing Education (CEs) reset when the C-IAYT recertification is approved.

Continuing education hours can be acquired through a variety of sources including:

Attendance/Participation directly with IAYT:

1. Participating in the IAYT conferences, (SYTAR and SYR), will count up to 22 and 15 continuing education hours respectively. These hours are awarded automatically once attendance is confirmed.
2. Passing IAYT Ethics and Scope of Practice trainings. The online Ethics and Scope of Practice Quiz is required of all new C-IAYTs and new online Ethics and Scope of Practice Trainings will periodically be updated for subsequent recertification. Upon passing these trainings 2 CEs will be awarded automatically.

Completion of IAYT Approved Professional Development (APD) Courses:

IAYT Approved Professional Development (APD) courses for continuing education are listed on iayt.org. Each of the APD courses have been pre-screened and meets the competency requirements for C-IAYT recertification. These courses also have the advantage of easy submission of CE credits.

Attendance/Participation outside of IAYT:

The following are the types of training, participation, and activities that may be submitted online for individual approval by IAYT. Note: Effective January 1, 2020 there will be a review fee for all non-APD submissions.

1. Completing courses and workshops that support one or more of the competencies identified within the IAYT Educational Standards for the Training of Yoga Therapists.
2. Teaching yoga therapy related courses or workshops that support one or more of the competencies (contact hours only). ONLY the first case of teaching the same course or workshop (within the 3-year certification cycle) may be submitted for consideration.
3. Hours spent in individual clinical supervision with a mentor or in peer supervision groups with a mentor that support one or more of the competencies.
4. Any American Red Cross (or international equivalent) CPR course will count as one continuing education hour (1 CE).

Additional Information About Future Plans: Initial requirements for C-IAYT Continuing Education were set when the IAYT Certification process began in May 2016 and have been reviewed and updated in July 2019. These requirements allow broad acceptance of credits as long as they are aligned with the IAYT Educational Standards. The preferred method of meeting IAYT Continuing Education is through the APD courses. We anticipate that the continuing education requirements for subsequent C-IAYT recertification will be revised in the future.