



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 by ensuring your IAYT membership is current
- Submit at least 24 hours (24 CEs) of IAYT approved continuing education within each 3-year certification period
- Pass the online IAYT Ethics and Scope of Practice Quiz (2 CEs) – *for your initial certification*
- Pass the online IAYT Ethics and Scope of Practice trainings (2 CEs) – *effective 2021*

Continuing education credits (CEs) reset each time the C-IAYT recertification is approved.

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

- **IAYT Direct:** Attendance/Participation directly with IAYT
- **APD:** Approved Professional Development
- **Petition:** Attendance/Participation other than IAYT Direct or APD

All continuing education must be yoga therapy related, meet one or more of the [competency areas](#) outlined in the IAYT standards for the accreditation of training programs, and have a proof of attendance, participation, or completion uploaded with each submission. The delivery and participation of continuing education can be **Live (In-Person), Live (Online), Pre-Recorded or a Hybrid (combined in-person and online).**

IAYT Direct

1. Participating in the IAYT conferences (**SYTAR** and **SYR**), will count up to 22 and 11 continuing education hours (CEs) respectively. You can earn an additional 4 CEs for participating in the SYR pre-conference. These hours are awarded automatically, after the conference, once attendance is confirmed.
2. Passing the online IAYT Ethics and Scope of Practice Quiz is required for certification of all new C-IAYTs (*effective Aug 2020*). 2 CEs will automatically be awarded for passing the quiz.
3. Passing online Ethics and Scope of Practice trainings will be required for each 3-year certification period. Upon passing these online trainings CEs will be awarded automatically.

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APD

Approved Professional Development (APD) courses and workshops are [listed here](#). Each of the offerings has been pre-screened and meets the competency requirements for C-IAYT recertification. These offerings also have the advantage of no cost, easy submission of CEs. Once an APD offering is completed you can return to the course listing, click on the verify credits link, answer a brief survey, upload your proof of completion, and CEs will automatically be posted to your profile.

Reading featured CE articles in the current and back issues of *Yoga Therapy Today* and passing the corresponding quizzes available in the [APD Course Listing](#). Upon passing each quiz, 1 CE will be awarded automatically.

Any American Red Cross (or international equivalent) CPR course will count as one continuing education hour (1 CE). Use the APD Course listing for CPR to claim the CE credit.

Petition

The following are the types of training, participation, and activities that you may petition for CE approval through your profile. Petitioned CE entries will undergo individual review for approval by IAYT. In the future, there will be a review fee for the petition of CEs.

- **Completing courses, workshops, and yoga therapy conferences** that support one or more of the [educational competencies](#) outlined in the in the IAYT standards for the accreditation of training programs.
- **Teaching yoga therapy courses or workshops** that support one or more of the competencies (contact hours only). If you teach a course multiple times in the 3-year certification period, only one instance of teaching the course should be submitted for CE.
- Hours spent in **individual or group clinical supervision as a mentor or mentee**, that support one or more of the competencies.