IAYT-Certified Yoga Therapist (C-IAYT\textsuperscript{SM})
Continuing Education Requirements

The purpose of C-IAYT continuing education is to

- maintain and further develop competence in yoga therapy skills;
- keep abreast of the latest research, techniques, and trends in yoga therapy to ensure that practices are innovative and appropriately grounded in evidence; and
- support the International Association of Yoga Therapists (IAYT) priority of advancing the emerging profession of yoga therapy.

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

- be an active member of IAYT by ensuring that your membership is current;
- submit at least 24 hours of yoga therapy continuing education (CE) credit to be approved by IAYT (the CE must be done within each 3-year recertification period); and
- pass the online IAYT Code of Ethics and Scope of Practice Quizzes (2 CE credits) for each recertification period.

CE credits reset each time the C-IAYT recertification is approved. CE credits submitted above the required 24 are not transferable to the next recertification period. One hour of yoga therapy professional development is equal to 1 CE credit.

CE hours can be acquired in three ways:

1. **IAYT Direct:** attendance/participation directly with IAYT
2. **Approved Professional Development (APD) courses**
3. **Petition:** attendance/participation other than IAYT Direct or APD

All CE must be yoga therapy–related and meet one or more of the IAYT yoga therapy CE competency areas. Proof of attendance, participation, or completion must be uploaded with each submission. The delivery of and participation in CE can be live in-person, live online, on-demand (asynchronous online), pre-recorded, or hybrid (combined in-person and online).

**IAYT Direct**

- Attending IAYT conferences is educational and provides opportunities for networking. Connecting with peers offers mutual learning, support, and inspiration, building a stronger, more collaborative yoga therapy community. The Symposium on Yoga Therapy and Research (SYTAR) and Symposium on Yoga Research (SYR), will count for up to 22 CE hours (SYTAR) and up to 11 CE hours (SYR). An additional 4 CE hours can be earned for participating in the SYR pre-conference.
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These hours are awarded automatically after the conference, once attendance is confirmed and a post-conference survey is completed.

- Purchasing the on-demand offerings of IAYT conferences and other programs through conferences.iayt.org will count toward IAYT Direct CE hours.
- Successfully completing the online Code of Ethics and Scope of Practice trainings and passing the two associated quizzes is required for each 3-year recertification period. Upon passing these online quizzes, 2 CE credits will be awarded automatically.
- Reading featured CE articles in the current and back issues of Yoga Therapy Today and passing the corresponding quizzes is another source of IAYT Direct CE credit. Upon passing each quiz, 1 CE credit will be awarded automatically; a maximum of 9 articles are made available in a 3-year period (for up to 9 CE credits).
- Volunteering on a standing committee of IAYT for a 3-year term contributes to the direction of IAYT and the profession. This service can count for up to 22 CE hours for each 3-year term (hours must be tracked).
- At times, at the discretion of the IAYT, there may be other approved opportunities for earning CE credits.

APD
Approved Professional Development (APD) courses and workshops are listed here. Each of these offerings has been pre-screened and meets the competency requirements for C-IAYT recertification. Once an APD offering is completed, return to the course listing, click the “Submit Evidence for CE” link, answer a brief survey, and upload proof of attendance/completion; CE credits will automatically be posted to the member’s profile.

Any American Red Cross (or international equivalent) CPR course will count as 1 CE hour, irrespective of the actual number of hours spent on the training. Use the APD course listing for “CPR” to claim the CE credit.

Petition
Petitions can be approved for yoga therapy CE as long as they fulfill two requirements:
1. the submission should meet one or more educational competencies listed here; and
2. the concepts/techniques from the training can be applied to
   - advance one’s yoga therapy practice,
   - therapeutic settings to benefit yoga therapy clients,
   - advance one’s skills as a yoga therapist, or
   - advance the profession in general.

Following are the four types of training, participation, and activities for which petitions for CE approval may be submitted through one’s IAYT member profile. Petitioned CE entries will undergo individual review for approval by IAYT. If you are submitting a petition, it is your responsibility to describe and justify how the course work enhances your yoga therapy skills. In keeping with the aim of advancing the yoga therapy profession, a minimum of 12 CE credits must be from courses that are clearly yoga therapy related during each 3-year recertification period. We recommend that an IAYT-certified yoga therapist (C-IAYT) be involved in the creation, review, and/or delivery of the course or workshop content.
1. **Completing courses, workshops, and yoga therapy conferences** that support one or more of the [educational competencies](#). The concepts/techniques from the training should be applicable in one of the four ways described above. When petitioning for the hours, the following supporting documentation about the course must be attached to the submission:
   - certificate of completion that clearly mentions the names of the course, provider, and participant, along with the date(s) and number of hours (please make sure that the hours specified in the course submission match the hours listed on the certificate); and
   - justification document that lists the course website, course syllabus, faculty information, etc., and describes what yoga therapy educational competencies the course meets and how it is justified as yoga therapy CE.

2. **Teaching yoga therapy courses or workshops or presenting in yoga therapy conferences** that support one or more of the [educational competencies](#). Each time a course is taught the course provider (C-IAYT) is learning from the students and adjusting the curriculum or their teaching methods and are further developing and refining their skills. The concepts/techniques from the training should be applicable in one of the four ways described above. If a course is taught multiple times during a 3-year certification period, only one instance of teaching the course should be submitted for CE. When petitioning for the hours, the following documents must be attached to the submission:
   - letter from the program director or the provider stating the C-IAYT’s name as the faculty for the course, along with the course dates and total hours;
   - if the course was taught independently as a provider, the course fliers or the website showing the C-IAYT’s name as the faculty; and
   - course syllabus, learning objectives, and any other relevant information that establishes that the course meets IAYT’s yoga therapy educational competencies.

3. **Hours spent in individual or group clinical supervision as a mentor or mentee** that support one or more of the [educational competencies](#). When petitioning for the hours, the following documents must be attached to the submission:
   - letter from the program director or the provider stating that the C-IAYT has mentored (or been mentored), along with the number of hours, topics of mentorship, dates, and names of the yoga therapy students mentored (if the C-IAYT was the mentor);
   - the names of the mentors and mentees, what was involved in the mentoring/supervision, what educational competencies were met, etc.; and
   - activity logs, emails exchanged between mentor/mentees, etc.

4. **Hours spent engaged in yoga research, writing articles, or publishing books that advance the field of yoga therapy** and meet one or more of the [educational competencies](#). Any research or article must be published in a peer-reviewed journal to count for CE; books must be published and available for purchase through regular channels (self-published books are excluded). When petitioning for the hours, a copy of the published article or an excerpt from the book must be attached to the submission.

**Note:** The time spent delivering yoga therapy (for groups or individuals) is considered practice of the profession and is not approved for CE.