

Founding Director, Megha Nancy Bутtenheim, M.A., E-RYT 500

## *Continuing Education Certificate of Completion*

Let Your Yoga Dance will offer a certificate to include the following information as recommended by the Yoga Alliance CEU Program guidelines.

- the topic/title of the training conducted
- the duration (number of hours) of training conducted and the precise dates it was offered
- the name of the provider and his/her credentials (e.g., Experienced Registered Yoga Teacher (E-RYT) designation, or other relevant degrees or certifications)
- the handwritten signature of the provider
- the full name of the RYT who completed the training hours
- the school or studio logo, if applicable (optional)

A Continuing Education Contact Hour is defined as an in-person classroom hour in the physical presence of a qualified Continuing Education Provider. Yoga Alliance has qualified all Instructors with a designation of E-RYT 500 as approved to offer CEU's to their students.

Examples of acceptable CE Contact Hour activities include:

- Yoga teacher training,
- Workshops (single session or ongoing series)
- Courses at a college or university
- Discussion or study groups.

All hours will be directly related to at least one of the five YA Educational Categories.

Let Your Yoga Dance will issue a document that will detail the breakdown of the hours by category.

This will accompany the Let Your Yoga Dance CEU Certificate.

Educational Categories are defined as content areas that a school's curriculum must cover to meet YA Standards and can be any combination of the following:

- Techniques, Training and Practice (TTP)
- Teaching Methodology (TM)
- Anatomy and Physiology (A&P)
- Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers (YPLE)
- Practicum (P)
- General Background in the Specialty Area (GB)

## *The Five Educational Categories*

Yoga Alliance® Educational Categories are the content areas that a school's curriculum must cover to meet Yoga Alliance standards.

**Registered Yoga Teacher (RYT®)** Continuing Education training hours must be directly related to one of the YA Educational Categories.

- Techniques Training & Practice – Topics in this category could include, but are not limited to: asana, pranayama, kriyas, chanting, mantra, meditation and other traditional yoga techniques. For RYSs, hours must include both (1) analytical training in how to teach and practice the techniques, and (2) guided practice of the techniques themselves.
- Teaching Methodology – Topics in this category could include, but are not limited to: communication skills such as group dynamics, time management and prioritizing; how to address the specific needs of individuals and special populations, to the degree possible in a group setting; principles of demonstration, observation, assisting and correcting; qualities of a teacher, teaching styles and the student learning process.
- Anatomy & Physiology – Topics in this category could include, but are not limited to: both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). This includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc.).
- Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers – Topics in this category could include, but are not limited to: the study of yoga philosophies and traditional texts; yoga lifestyle and precepts; ethics for yoga teachers (such as those involving teacher-student relationships); understanding the value of teaching yoga as a service and being of service to others through yoga (seva).
- Practicum – Topics in this category include practice teaching, receiving and giving feedback, observing others teaching and assisting students while someone else is teaching. The standards for each RYS and Specialty designation outline specific requirements for the minimum number of hours a trainee must spend practice teaching as the lead instructor.

*At Present Let Your Yoga Dance is authorized to provide CEU for the Yoga Alliance program.*

*Development is underway to provide CEU Credits for various additional professional organizations.*

Founding Director, Megha Nancy Buttenheim, M.A., E-RYT 500

