



Yoga for Health and Education Trust Continuous Professional Development Policy (CPD)

The Yoga for Health and Education Trust (YHET) recognises that part of its role, as a professional Yoga organisation, is to ensure the continued professional development (CPD) of qualified Yoga teachers.

A Continued Professional Development programme will:

- enable Yoga teachers to develop and enhance personal and teaching skills, both in practice and theory
- benefit and protect the public by encouraging reflective, informed and up-to-date yoga teachers

YHET respects the fact that most yoga teachers attend regular yoga workshops/events voluntarily in order to improve their own personal practice as well as to improve their teaching. However, as a professional yoga organisation, YHET cannot leave this aspect of yoga teachers' development without any form of checks. YHET believe that its CPD requirements should have the welfare of its teacher members at heart, and therefore not be unduly demanding or proscriptive. CPD must be achievable and affordable in terms of yoga teachers' time and money. Therefore, a wide range of possible activities are suggested, and the number of compulsory hours has deliberately been kept small.

From April 2010, Yoga teacher members of YHET will be required to show evidence of their CPD in the form of an Annual CPD record. The file will need to include;

Date and times (excluding breaks) of the event, the teacher leading the event, the title of the event. Certificates and receipts given after attending the event will be accepted as evidence of CPD.

Teachers will be expected to complete 2 days (1 day is equivalent to 5 hours training – this excludes lunch breaks) of CPD annually. In order to provide flexibility for teachers, this will be averaged out over 2 years. Therefore teachers will be required to complete 4 days over 2 years. This may include additional modules or units as well as stand alone days/weekends.

YHET will organise its own CPD days. YHET will award certificates to all teachers who attend YHET CPD events. However, teachers will be able to attend days organised by other yoga groups/organisations, as long as the events are organised by nationally/internationally recognised teachers as bona fide CPD events (e.g. YHET yoga teachers cannot attend a local yoga class every week and record this as CPD).

YHET may monitor 25% of teacher members evidence of CPD annually by requesting teacher members to submit their evidence of CPD.

Date of this policy; 27th March 2010

Date of first review; March 2011

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Registered in England & Wales: Registration Number 6051565.

Registered charity Number 1124041

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