



## CONTINUING EDUCATION STANDARDS

As a certified teacher, you maintain your **Current Standing** by successfully completing Continuing Education on a regular basis. The frequency depends on your level of training. The courses that qualify include:

1. Any Advanced Teacher Training (ATT)
2. Any Professional Yoga Therapist (PYT) course
3. Any Yoga Teacher Training (YTT) course, including:
 

Foundations of <i>Svaroop</i> <sup>®</sup> Yoga	Radical Anatomy for Yogis
YTT Levels 1, 2, 3 or 4	<i>Embodiment</i> <sup>®</sup> Yoga Therapy
4. Enrich Your Teaching Skills (EYTS) courses that include poses, including:
 

Foundations Review	Intro to Teaching Gentle Yogis
Deceptive Flexibility 1 or 2	Teacher TuneUp (various themes) and others as they are created

The frequency of your Continuing Ed requirements depends on the level of your training:

CSYT (Certified <i>Svaroop</i> <sup>®</sup> Yoga Teacher)	successfully complete one of the above every 2 years (within 24 months of your last qualifying training)
CSBT (Certified <i>Svaroop</i> <sup>®</sup> Yoga Basics Teacher) You've completed YTT & DTS 2	successfully complete one of the above every year (within 12 months of your last qualifying training)
CSIT (Certified <i>Svaroop</i> <sup>®</sup> Yoga Introductory Teacher) You've completed Foundations or YTT 1	successfully complete one of the above every 6 months (within 6 months of your last qualifying training)
<i>Svaroop</i> <sup>®</sup> Yoga Leading Teacher	successfully complete one of the above every year (within 12 months of your last qualifying training)

To Return to Current Standing – Successfully complete one of the following:

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| Deceptive Flexibility 1 or 2                            | Radical Anatomy for Yogis                                |
| Foundations of <i>Svaroop</i> <sup>®</sup> Yoga         | Teacher Tune-up  |
| Foundations Review                                      | Teaching Review  |
| <i>Embodiment</i> <sup>®</sup> Yoga Therapy Training    | YTT Level (repeat a level you have completed previously) |
| Prep Course (taken prior to the related YTT/ATT Course) |  |

We are happy to help! Please ask your questions or let us support you in creating your Continuing Ed plan. If extenuating circumstances affect your ability to remain in Current Standing, let us help!

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