



Continuing Ed Standards

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

Certification Level or Training Level Completed	Successfully complete a Continuing Ed course within this time period:
CSYT (Certified <i>Svaroopa</i> ® Yoga Teacher) CATT (Certified <i>Svaroopa</i> ® Yoga Advanced Therapeutics Teacher) Therapeutic Yoga Training — C or YTT & DTS 4 <i>Embodiment</i> ® & Radical Anatomy	2 years (within 24 months of your last training)
CBT (Certified <i>Svaroopa</i> ® Yoga Basics Teacher) CTT (Certified <i>Svaroopa</i> ® Yoga Therapeutics Teacher) Therapeutic Yoga Training — B OR YTT & DTS 2	1 year (within 12 months of your last training)
CIT (Certified <i>Svaroopa</i> ® Yoga Introductory Teacher) Therapeutic Yoga Training — A Foundations or YTT & DTS 1	6 months (within 6 months of your last training)
<i>Svaroopa</i> ® Yoga Leading Teacher	1 year (within 12 months of your last training)

These qualify for Continuing Ed, whether you are doing it for the first time or retaking it:

1. Therapeutic Yoga Training — A, B, C or Bridge Course
2. *Embodiment*® Yoga Therapist Training, *Embodiment*® PLUS
3. Yoga Teacher Training (YTT) Level
4. Professional Yoga Therapist (PYT) course
 - PYT 262 — Treating Pain
 - PYT 463 — Neck & Shoulders
 - PYT 464 — Spine, Knees & Feet
 - PYT 465 — Medical Yoga
5. Specialty Certification course or EYTS (Enrich Your Teaching Skills) course that includes poses, currently including:
 - Foundations Bridge Course
 - Deceptive Flexibility 1 or 2
 - Ending Back Pain
 - Gentle Yoga
 - Prep Course (tba)
 - Radical Anatomy
 - Standing Vinyasa
 - YogaBody Courses
 - Teacher TuneUps
 - Advanced Poses (tba)
 - And other Specialty/EYTS courses as they are created
6. Teaching Review or Personal Study Plan

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

- Therapeutic Yoga Training — A, B or C
- Foundations Bridge Course
- *Embodiment*® Yoga Therapy Training
- Radical Anatomy
- Teacher Tune-Up
- Prep Course (offered periodically)
- YogaBody Course
- Teaching Review
- Personal Study Plan
- Repeat a YTT, EYTS or Specialty 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!

Your Enrollment Advisors: 610.806.2119, programs@svaroopayoga.org.