



International Yoga Teachers Association

IYTA Continuing Professional Development (CPD) Self-assessment and Reporting Form

This form should be completed and maintained from year to year by Full Teaching Members of IYTA as an ongoing record of their CPD activities. The form can be maintained as a MS Word document if desired, however a print-out or back-up copy should always be kept. Members are expected to be able to easily substantiate claims made on their CPD form if needed. Copies of certificates and other evidence to support the entries below should be retained by the member. A current First Aid Certificate is essential and Professional Indemnity and Public Liability Insurance is highly recommended.

Member Name:			Membership Number:		Contact Number:						
IMPORTANT NOTES What is CPD? Any program or activity that develops your knowledge, experience, skill, understanding or professionalism of yoga or yoga teaching. "Core" means fundamental to yoga or yoga teaching, including asana, pranayama, meditation, study of yogic philosophy, anatomy and physiology, and teaching techniques, including time spent being mentored in these areas. "Related" means related to yoga teaching by tradition, relevance or application, including related philosophies and spiritual practices, related healthcare modalities, related exercise sciences and related lifestyle practices. "Hours" does not include lunch or refreshment breaks.			IYTA ASSESSED CPD POINTS If you have attended a program already allocated a certain number of points by the IYTA, YA or recognized Yoga trainers please use this column, otherwise use the self-assessment columns to the right		SELF-ASSESSMENT OF CPD POINTS VALUE OF ACTIVITIES AND PROGRAMS						
					CONTACT		NON-CONTACT & AUTHORIZING		REGULAR YOGA CLASS		
					Attending workshops, programs, seminars, retreats, satsang and conferences as a participant. Also time spent being mentored. "Contact" usually means face to face contact in a program or activity with specific training outcomes as a participant.		Participating in correspondence, on-line, video, DVD programs. If a non-contact program offers a means of assessment, such as an exam to measure compliance, it can be treated as a contact program. Time spent developing and delivering new programs, workshops, seminars, retreats, research and authoring.		Attending another yoga teacher's regular yoga or meditation class as a participant (partly personal practice and partly professional development)		
					CORE TO YOGA TEACHING 1 hour = 1 point	RELATED TO YOGA TEACHING 2 hours = 1 point	CORE TO YOGA TEACHING 2 hours = 1 point	RELATED TO YOGA TEACHING 4 hours = 1 point	4 hours = 1 point		
Date:	Activity or Program	Hours	Points	Points	Points	Points	Points	Points			
MEMBER SIGNATURE:			DATE		YOGA TEACHING HOURS		TOTAL POINTS				