

Grandparenting Pathway 2 Seasoned Yoga Therapists

There are three eligibility routes to IAYT Yoga Therapist certification (C-IAYT): graduation from an IAYT Accredited Yoga Therapy Training Program, and two time-limited Grandparenting Pathways. The Grandparenting Pathways are:

Grandparenting Pathway 1:

Yoga therapists with at least 300 hours of formal yoga therapy training, a 200-hour teacher training program, and at least 150 hours of yoga therapy client contact hours.

Grandparenting Pathway 2:

“Seasoned” yoga therapists who may not have graduated any formal training program at all, but began practicing as a yoga therapist prior to January 1, 2008.

All applicants *must be current IAYT members* and agree to the IAYT Code of Ethics and Grounds for Disciplinary Action (note that these documents have been published as interim documents and will be complete by the time the application form becomes available).

The deadline for certification under either Grandparenting Pathway will be 1 year from the time the application becomes available (**expected June 2016**). No grandparenting applications will be accepted after the 1-year submission period.

The forms to submit your application will be accessed via the IAYT website. All requirements must be complete at the time of your application submission.

The purpose of this document is to specify how applicants for Grandparenting Pathway 2 may fulfill the requirements to demonstrate a sustained yoga therapy practice begun prior to January 1, 2008.

The following are the conditions under which you may qualify for IAYT Certification under Grandparenting Pathway 2:

1. You have completed a minimum of 200 hours of yoga teacher training
2. You began practicing yoga therapy prior to **January 1, 2008**
3. You have accumulated at least 1,000 hours composed of:
 - a. **AT LEAST** 700 hours of sustained yoga therapy client contact hours across your years of practice.
 - b. **The remaining 300 hours can be achieved through:**
 - i. Additional yoga therapy client contact hours,
 - ii. Yoga therapy training, and/or
 - iii. Teaching in a yoga therapy training program
4. You have completed all requirements by **January 1, 2017 AND** prior to submitting the application, whichever comes first.

Please Note: IAYT reserves the right to request additional information to support your application.

Section 1 – 200-hour Yoga Teacher training requirement

Yoga therapy education requires a basic foundational understanding of yoga theory and practice. As one aspect of this foundational understanding, yoga therapists who apply for certification through Grandparenting Pathway 2 are required to document completion of a 200-hour (or longer) yoga teacher training.

The 200-hour yoga teacher training requirement:

- must be completed prior to submission of the grandparenting application; and
- the training hours applied to the yoga teacher training requirement may not count toward the yoga therapy client contact hours or 300 hours of yoga therapy training described in Sections 2 and 3 of this document.

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There are four ways to document compliance with this requirement:

1. Provide a copy of a certificate of completion or letter of attainment from a Yoga Alliance approved Registered Yoga School (RYS200)
OR
2. Provide a Yoga Alliance registry number (RYT200) or evidence of similar registration with any qualified international yoga teacher registering organization with verifiable standards equivalent to - or greater than - the Yoga Alliance
OR
3. Demonstrate completion of 200 hours of yoga teacher training from a school that is not registered with Yoga Alliance provided the program complies with the number of hours (contact and non-contact) and 5-category competency distribution described in the Yoga Alliance standard for 200-hour Registered Yoga Schools. Documentation for this option includes a certificate of completion or letter of attainment, program syllabi or transcript(s) and a table depicting the name of the educational program(s) and the number of hours completed in each of the five Yoga Alliance categories
OR
1. If none of the above is available, a letter from a qualified yoga teacher(s) or trainer(s) with whom you may have studied outside of an organized yoga teacher training program, confirming the studies, including hours and how the study was equivalent to Yoga Alliance RYT 200.

Section 2 – Sustained Yoga Therapy Client Contact requirement

This section describes the evidence required to demonstrate that you are a “Seasoned Yoga Therapist” **who began practicing yoga therapy prior to January 1, 2008**, and that you have sustained a practice across time.

There are three components to this section.

1. An overview of your yoga therapy career
2. An estimate of your yoga therapy client contact hours for each year that you have been practicing that totals AT LEAST 700 hours
3. 20 examples of a cross section of yoga therapy sessions you have provided over your years as a yoga therapist. You may submit examples as far as your records allow.

The documentation required is as follows:

1. Yoga Therapy Resume

As an overview of your training and experience, the application provides a format for a chronological synopsis of your professional career, particularly as it relates to yoga therapy. You will be asked to include, as appropriate:

- Yoga therapy education
- Academic experience
- Yoga therapy client contact experience
- Yoga therapy teaching experience
- Other yoga training
- Publications in the field of yoga therapy
- Professional presentations at yoga therapy conferences, (e.g IAYT’s SYTAR)

If you prefer to submit your own curriculum vitae, you are welcome to do so, as long as it addresses the elements above.

2. Evidence for Yoga Therapy Client Contact Hours

Yoga therapists who apply for certification through Grandparenting Pathway 2 are required to document **at least** 700 hours of yoga therapy client contact hours.

The following provides further guidance regarding hours acceptable in this section:

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1. Client contact hours for Grandparenting Pathway 2 are defined as the number of hours the yoga therapist provides yoga therapy to individuals or leads yoga therapy groups. The types of client contact hours that may be included are:
 - a. The number of hours spent providing yoga therapy to individuals
 - b. The number of hours spent leading yoga therapy groups
 - c. The number of hours spent in intake and assessment of individuals for individual sessions or yoga therapy groups

Hours spent in preparation for or in documentation of client's visits or groups may not be counted as client contact hours.

2. A "yoga therapy group" is defined as a session in which a yoga therapist works with a small group of clients. The group session is focused on yoga therapy with clients with a similar condition, symptom or experience. A hallmark that differentiates yoga **therapy** groups from yoga **teaching** groups is the presence of an intake and assessment **for each client** in the group. *Yoga groups that do not include individual intake and assessment may not be included in the category of client contact hours.*
3. Client contact hours in yoga therapy do not include practices specific to other health care professions or healing modalities that are not specifically referenced in the IAYT definition of yoga therapy (See page 4 of the Educational Standards under Accreditation on www.iayt.org).

Hours completed as part of a 200-hour teacher training (described in Section 1) may not be included in this category

IAYT certification is about the practice of yoga therapy, rather than yoga teaching. While not diminishing the importance of yoga teaching, it is important that the yoga therapy experience you list relates only to the practice of **yoga therapy**.

The [IAYT Educational Standards for the Training of Yoga Therapists](#) define "Yoga therapy" as:

The appropriate application of [yoga] teachings and practices in a therapeutic context in order to support a consistent yoga practice that will increase self-awareness and engage the client/student's energy in the direction of desired goals

For the grandparenting application, the elements that distinguish yoga therapy from yoga teaching (whether in one to one or group settings) will typically be:

- **You address a specific condition(s)** by providing yoga therapy sessions to address identified and defined conditions, with consideration for the individual circumstances and nature of each client. It does not include teaching students/clients yoga for life stages such as pregnancy or menopause, where there are no difficulties or conditions.
- **You conduct an intake** appropriate to the individual client so that the session can be focused on their specific therapeutic needs and concerns.
- **You develop and deliver an appropriate yoga therapy intervention** based on the information gathered in the intake and from your assessment of the client.

To document your yoga therapy client contact hours the application will provide two forms for you to complete or submit comparable records. These forms will document:

1. An estimate of your yoga therapy client contact hours for each year that you have been practicing that totals AT LEAST 700 hours
2. 20 examples of a cross section of yoga therapy sessions you have provided over your years as a yoga therapist. You may submit examples as far as your records allow

Examples of the logs are shown below. These forms will be available when you access the application (expected June 2016). All requirements must be complete at the time of application submission.

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Estimated Yearly Hours of Yoga Therapy Client Contact Hours	
Year	Estimated hours
2016	85
2015	200
2014	120
2013	340
2012	0 – year off for study
2011	200
2010	200
2009	>75
2008	~150
(add rows as needed for at least 700 hours and to demonstrate sustained practice)	
Total hours	1370

Client Contact Case Examples (20 cases minimum)			
Session date or date range	Individual or group session?	Description of session(s) including presenting primary condition(s)	How many times did you see this client (s)
<i>Example 1</i> 02/05/2015-03/15/2015	Individual	46yo Female, presenting with anxiety. Assessment indicated numerous stressful events and a sedentary lifestyle. Provided short breath-based vinyasa and yoga nidra.	2
<i>Example 2</i> 04/01/2012-02/20/2013	Individual	28 yo male, presenting with chronic pain from severe injuries in military combat. Assessment: multiple surgeries, ongoing neurological pain, superb attitude, remarkably functional. Desire to use yoga to manage pain. Provided awareness of movement and breath, asana consistent with limitations, and relaxation techniques with good results.	6
<i>Example 3</i> 10/16-2014-present	Individual	43 yo female, presenting with anxiety and anger issues, feeling stressed. Assessment indicates high pressure work with long hours, poor posture and breathing habits. Provided gentle and restorative asana practices, pranayama, mindfulness meditation, and practice of vairagya in relationship to work and personal life goals. Excellent results.	Continue meeting once/week 14 sessions to date.
<i>Example 4</i> 05/10/2008-05/30/2009	Group	Cardio Rehab group class, including individual assessment. Bi-monthly meeting with stress reduction, physical/emotional awareness, lifestyle counseling, and appropriate movement.	20
....20			

FURTHER EVIDENCE

After initial review of an application, the Certification Committee may request additional materials to determine if requirements have been met.

Section 3 - Evidence of Yoga Therapy Training and/or Teaching in a Yoga Therapy Program

Yoga Therapists who apply for certification through Grandparenting Pathway 2 may choose to reach the required 1000 hours with additional client contact hours beyond the 700 hour minimum, or by demonstrating up to 300 hours of educational training in yoga therapy, and/or by documenting teaching in a yoga therapy training program. If the training/teaching option is selected, training or teaching must fall into one of the five IAYT Educational Competency Sections:

The five IAYT Educational Competencies are:

1. Yoga Foundations
2. Biomedical and Psychological Foundations
3. Teaching and Therapeutic Skills
4. Yoga Therapy Tools and their Application
5. Professional Practice

More details of each of these competency sections can be found on the IAYT website under [Accreditation Standards](#).

Hours completed as part of your 200-hour teacher training (described in Section 1) may not be included in this category.

As evidence of up to 300 hours of other yoga therapy training or teaching in a yoga therapy training program you may include as many of the following **as needed to reach the balance of 1000 hours**:

- Formal yoga therapy programs completed. For the purpose of this grandparenting application, only programs of at least 36 hours duration will be counted.
- Yoga therapy workshops or short courses undertaken. For the purpose of this grandparenting application, only workshops/short courses of at least 6 hours duration will be counted.
- Study with qualified yoga therapists or yoga therapy trainers formally or informally outside of the context of formal training programs
- Teaching in a yoga therapy training program
- **A non-yoga therapy program** that delivers education in a related healthcare field such as acupuncture, Ayurveda, chiropractic, massage therapy, medicine, mental health counseling, nursing, occupational therapy, physical therapy or psychology. **A maximum of 100 total training hours may be from non-yoga therapy healthcare training programs.**

To submit hours in the yoga therapy training/teaching section, the application will provide a Yoga Therapy Training/Teaching Chart for you to complete and submit sufficient documentation to support the entries, such as a certificate of completion, certificate of attendance, syllabus/curriculum, copy of professional license or degree. An example of the chart is shown on the following page. This form will be available when you access the application online.

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Grandparenting Pathway 2 Yoga Therapy Training/Teaching Chart								
Name/Description of Program or Study	Location	Estimated Dates	Type of Evidence Provided	Hours Category <i>(select only one category per program)</i>				
				Formal YT Training Program	Workshop/ Short YT Course	Study outside of formal training	Teaching in a Yoga Therapy program	Non-Yoga Therapy Health Professional Training (100 hours maximum)
XYZ Yoga Therapy Training Program – a 200 hour formal yoga therapy program lead by practicing yoga therapists, Jane/John Doe. Content included anatomy, application of asana, pranayama, meditation and other yoga tools to specific conditions.	Anywhere, the World	January 2000-April 2003	Program outline of content	200				
Hypertension Workshop. Included assessment, contraindications, and yoga tools for condition	Anywhere, the World	03/01/2010-03/12/2010	Course overview		50			
Faculty in Yoga Therapy for PTSD program. Senior coordinator and lecturer in 6 day workshop for yoga therapists.	Anywhere, the World	01/10/2015-01/15/2015	Lecture outlines				20	
Doctor of Chiropractic	Anywhere, the World	09/10/2005-06/13/2008	Diploma					100
(Add rows as needed)								
GRAND TOTAL				200	50		20	100

FURTHER EVIDENCE

After initial review of an application, the Certification Committee may request additional materials to determine if requirements have been met.