



Yoga Scotland

(incorporating the Scottish Yoga Teachers' Association)

Continuous Professional Development for Yoga Teachers

From September 2010, the next date for membership and insurance renewal, Yoga Scotland is introducing a new system for monitoring Continuous Professional Development (CPD). The current On-going Training (OGT) scheme will continue and will be a part of CPD.

In response to concerns expressed by teachers who feel that in the past their learning has not been acknowledged, the Yoga Scotland Executive Committee has decided that, because of the importance of life-long learning, we should give teachers the opportunity to include a wider variety of training in their CPD portfolio. In addition it has been agreed that, in line with other yoga organisations, we should increase the required amount of CPD.

The British Wheel of Yoga (BWY) has introduced a system of self-certification and we feel that a similar system would be appropriate for Scotland as the two organisations will continue to make training days available to each other.

The new Yoga Scotland CPD system will start from September 2010 and the CPD year will run until September the following year.

The system is based on retrospective self-certification for the 12 month period prior to renewal. The first time a form should be submitted will therefore be September 2011. Self-certificate forms will be sent out with the OGT mailing, and will also be able to be downloaded from the YS website. **Teachers will be required to accrue 15 CPD points every year.** On Going Training days will continue to be run by Yoga Scotland in the same way as previously. **Each OGT day will be worth 7.5 points**, so two OGT days per year will fulfil your requirements.

BWY In-Service Training (IST) days will also continue to count as equivalent to OGT days, i.e. worth 7.5 points.

In addition, there will be two new ways of accruing points:

a) **Attending other training days** which you decide would best further your continuing professional and personal development. These events will be **worth 1 point per hour**, so a 10am-4pm day with an hour for lunch would be worth 5 points. The essential criterion for a non-OGT/IST day is that if you ask yourself the question "Does this event enhance my ability to teach yoga?" the answer is "Yes."

Things that won't count:

- your usual weekly class
- yoga holidays which do not include a training element.

Things that will count:

- First Aid training. Yoga Scotland advises that teachers maintain a current First Aid certificate (renewed within the last three years)
- Anatomy and physiology training not necessarily specific to yoga,
- Training events or retreats run by other recognized yoga organizations such as Mandala Yoga Ashram, aYs, Satyananada Yoga, Himalayan Institute... etc.

You will be required to enter these on your CPD record form and send it with your membership renewal each year.

Copies of certificates, or tutor's signature on self-certification form, will be required as evidence of attendance at training events other than OGT.

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b) **Directed private study, which can count for a maximum of 5 points in any year but must involve at least 7.5 hours of private study.** For example you may decide to re-study the Bhagavad Gita with the aim of becoming more adept at incorporating philosophy into your classes. You would have to fill in the Directed Private Study form stating what you chose to study, how long you spent at it, the purpose for your study and detailing what you learnt from it. This will be sent along with the CPD record form and membership renewal each year.

Additionally:

- 1) If you gain more than 15 points in any one year you may carry over a maximum of five points to the next year.
- 2) It is up to each individual teacher to decide if an event counts as CPD within the framework outlined – but if you have any queries please contact YS Administrator or OGT coordinator (details on website)
- 3) Exemptions may apply in exceptional circumstances (e.g. severe illness/injury, bereavement, pregnancy & childbirth). Again please contact YS Administrator if your circumstances force you to apply for an exemption.
- 4) Teachers who do not accrue 15 points over the year may, depending on circumstances and at the discretion of the Executive Committee, have their teaching registration withdrawn. They may re-register as Yoga Scotland teachers on completion of the necessary CPD.

Yoga Scotland Education & Training subcommittee

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