

# Yoga Scotland

*(incorporating the Scottish Yoga Teachers' Association)*

## Continuous Personal Development Record Form

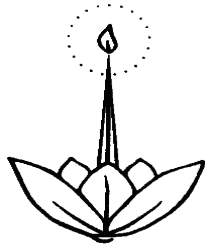
**Name:**

**YS Membership Number:**

**Year:**

Use this form to record the events you attend that can count as Continuous Personal Development (CPD). You may be asked by Yoga Scotland at any time to produce this form as evidence that you have completed 15 points of CPD in any calendar year. Failure to record or accrue the required CPD may lead to your teaching status being withdrawn. Guidelines on what can count as CPD and categories for exemption are available on the website or on request.

Date	Tutor	Venue	Topic	Points	Tutor's signature



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## Continuous Personal Development

### Directed Private Study Record Sheet

**Name:**

**YS Membership Number:**

**Year:**

Use this form to record 7.5 hours of Directed Private Study, which will earn you 5 CPD points. This is the maximum number of CPD points you can accrue from self study in a calendar year. This form should be attached to the CPD Record Sheet as evidence of compliance with Yoga Scotland's On-Going Training requirements. Complete the first TWO sections before you begin your self study.

What is it that you propose to study?

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What resources, such as books, will you be using?

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Reflective Practice. Use the space below to reflect on how helpful the self study exercise was and the ways in which it has or hasn't helped your teaching.

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Continue on another sheet if required.