

SYTA Continuing Professional Development (CPD) Self-assessment and Reporting

This form should be completed and maintained from year to year by SYTA members as an ongoing record of their CPD activities. A copy (not the original) of this form should be submitted each year at renewal to demonstrate progress towards earning at least 36 CPD points in each three membership years. This form can also be used when applying to increase Levels of membership as a summary of training undertaken. 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 audited. Copies of certificates and other evidence to support the entries below should be retained by the member.

Membership Number:		Member Name:							
<p style="text-align: center;">IMPORTANT NOTES</p> <p>What is CPD? Any program or activity that develops your knowledge, experience, skill, understanding or professionalism of yoga or yoga teaching.</p> <p>“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.</p> <p>“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.</p> <p>“Hours” does not include lunch or refreshment breaks.</p>				SYTA ASSESSED CPD POINTS	SELF-ASSESSMENT OF CPD POINTS VALUE OF ACTIVITIES AND PROGRAMS				
				<p>If you have attended a program already allocated a certain number of points by the SYTA, please use this column, otherwise use the self-assessment columns to the right</p>	CONTACT		NON-CONTACT & AUTHORIZING		REGULAR YOGA CLASS
					<p>Attending workshops, programs, seminars, retreats, satsang and conferences as a participant. Also time spent being mentored.</p> <p>“Contact” usually means face to face contact in a program or activity with specific training outcomes as a participant.</p>		<p>Participating in correspondence, on-line, video, DVD programs. <i>If a non-contact program offers a means of assessment, such as an exam to measure compliance, it may be treated as a contact program.</i></p> <p>Time spent developing and delivering new programs, workshops, seminars, retreats, research and authoring</p>		<p>Attending another yoga teacher’s regular yoga or meditation class as a participant (partly personal practice and partly professional development)</p>
					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	Description of Program or Activity	Venue	Hours	Points	Points	Points	Points	Points	Points
END OF MEMBERSHIP YEAR TOTALS									

Please add further pages as required