



Continuing Professional Development

Self-assessment & Reporting

CPD self assessment & reporting

Guidelines

This form should be completed and maintained from year to year by Yoga Australia (YA) Registered Yoga Professionals as an ongoing record of their Continuing Professional Development (CPD) activities. A copy (not the original) of this form should be submitted each year at the time of membership renewal to demonstrate adherence to the requirements for a Registered Yoga Professional. This form can also be used when applying to upgrade membership or Registered Yoga Teacher level, as a summary of training undertaken.

This form can be maintained as a MS Word document if desired; however a printout or back-up copy should always be kept. Registered Yoga Professionals are expected to be able to readily substantiate claims made on their CPD form if audited. The teacher should retain copies of certificates and other evidence to support the entries below for three years.

Important notes

What is CPD? Any program or activity that develops your knowledge, experience, skill, understanding or professionalism of yoga or yoga teaching.

Definitions for CPD terms

“Core” – 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” – 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” – actual hours spent in the activity – it does not include lunch or refreshment breaks.

“Contact” – usually means face-to-face contact as a participant in a program or activity with specific training outcomes. This includes attending workshops, programs, seminars, retreats, satsang and conferences as a participant. It also includes time spent being mentored.

“Non-contact” – 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). Also time spent developing and delivering new programs, workshops, seminars, retreats, research and authoring.

“Regular Yoga Class” – attending another yoga teacher’s regular yoga or meditation class as a participant (this is considered partly personal practice and partly professional development, and hence attracts a lower number of CPD points).

CPD record

Registered Yoga Professional Name:	
Membership Number:	
Registered Yoga Teacher Level:	

Activities Undertaken			Self-Assessment of CPD Points Value of Activities/Programs					Supporting Information (What evidence can you produce to show that you have completed this activity?)
			Contact		Non-Contact & Authoring		Regular Yoga Class	
			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	

