

Categorizing Your Continuing Education Hours

What fits in each Educational Category?

To count as Continuing Education, you must learn something that is new to you, relates directly to yoga, and falls into one of the following four categories:

-  Techniques, Training, & Practice (TTP): **How to do (practice) yoga**
Examples: practicing inversions, pranayama, meditation, asana; alignment principles (e.g. in sun salutations)
-  Teaching Methodology (TM): **How to teach yoga effectively**
Examples: sequencing; verbal cueing; principles of adjusting and assisting; how to market your business
-  Anatomy & Physiology (AP): **The physical and energetic bodies**
Examples: skeletal and muscular systems; fascia; energetic bodies (chakras and nadis); how bodily systems work
-  Yoga Philosophy, Lifestyle, & Ethics (YPLE): **History, philosophy, ethics and lifestyle practices of yoga**
Examples: yoga lineages; student-teacher relationships; yamas and niyamas; classical yoga texts

How do I figure out what categories my course belongs in?

Whether you are teaching a course or taking one, only hours related to the four Educational Categories above count toward Continuing Education requirements. Think about the course content and answer the following questions.

Ask yourself:	Yes	No	If yes, how many hours?
Did I learn how to do poses or yoga techniques?			____ hours in TTP
Did I learn about teaching yoga or yoga techniques?			____ hours in TM
Did I learn about the physical or energetic body (the chakras or the nadis)?			____ hours in AP
Did I learn about the history of yoga, classic yoga texts, yoga ethics or lineages?			____ hours in YPLE

Example

You just completed a course about senior chair yoga with the following description (key words are in red):

This course will cover how to make **appropriate adjustments/assists when teaching yoga** to a senior population, how to **practice chair yoga** and **incorporate asana into a class using a chair**. You will gain an **understanding of contraindications** when working with an aging population and **common skeletal changes** that happen as one ages.

Appropriate adjustments/assists: Because you are learning how to adjust or assist when teaching, this counts for Teaching Methodology (TM).

Practice chair yoga: Learning how to practice chair yoga is part of Techniques, Training, & Practice (TTP).

Incorporate asana... using a chair: Here, you're learning how to *teach* chair yoga rather than learning how to *do* chair yoga. This counts for Teaching Methodology (TM).

Understanding of contraindications: Learning about contraindications (or benefits) is part of Anatomy & Physiology (AP).

Common skeletal changes: Learning about the physical body is part of Anatomy & Physiology (AP).

Once you understand what categories your course relates to, think about how much of the course you spend teaching (if you're offering the course) or learning about (if you're taking the course) each category.

Congratulations! You just categorized your course.

[Learn more about Continuing Education.](#)