



ACCREDITATION
COMMITTEE

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FAQ on the Emerging Grandparenting Guidelines **ANSWERS FOR Holistic Yoga Therapy Institute Students**

IAYT has received many questions from students and schools about grandparenting. While the complete set of policies is still under development, we are starting this FAQ in order to address some of the most frequently asked and pertinent questions.

For schools that offer 300-hour yoga therapy training programs that “start” in 2013

Q. *What exactly does it mean to “start” a program in 2013? May I establish a special abbreviated program in December in order to provide a program that is eligible for grandparenting?*

A. **No.** The intent for extending the grandparenting period for graduates of programs that started in 2013 was to accommodate both schools with established yoga therapy training programs and their long-planned, regularly scheduled and advertised training schedule and the students who had long-planned to attend those programs

The intent was *not* to provide an incentive for schools to start a *new* 300-hour program just under the wire in order to accommodate students who did not want to complete a program with a minimum of 800-hours, as required under the Educational Standards.

Furthermore, “starting” means to begin a previously scheduled and advertised regular training session that is part of an established program. Such sessions are often a week or longer. “Starting” does *not* mean having registered only, or starting homework, or starting an on-line class, or taking a weekend retreat, or taking a special abbreviated training session that is not part of a previously scheduled and advertised, already established, regular yoga therapy training program.

Holistic Yoga Therapy Institute has been a member yoga therapy school of IAYT and has an established Yoga Therapy Program. Even if you have just begun your studies with us, our immersions have been established as part of Yoga Therapy curriculum and advertised as such.

For individual graduates of 300-hour yoga therapy training programs that seek to be eligible for eventual grandparenting by IAYT

Q. *What qualifies as a yoga therapist training program? Does my advanced teacher training program qualify?*

A.

- The 300-hour yoga therapy training programs must cover a wide range of principles, techniques, and applications of yoga therapy.
- Typically, such training covers a wide range of disorders or healthcare conditions or imbalances consistent with the yoga therapy approach in that school or lineage.
 - Most 300-hour advanced teacher training programs that are part of a 500-hour RYS program are *not* yoga therapy training programs.
- Ideally, yoga therapy training programs that were begun after the Educational Standards were published in July, 2012, are already addressing many of the competencies in the standards.
- Graduates of 300-hour yoga therapy training programs who apply for grandparenting will be required to provide a detailed program syllabus to document their yoga therapy training program, including when they started in that program. They will also have to provide documentation of their 200-hour RYS training.
- We expect that graduates of IAYT member schools will likely find it easier to document training that meets these standards than most other schools, since IAYT member schools are those with yoga therapy training programs and are generally aware of the standards and the intent behind both the standards and the grandparenting guidelines.

Holistic Yoga Therapy Institute meets all these conditions.

Q. *Do I also need to have completed a 200-hour basic yoga teacher training program (RYS or equivalent) in addition to the 300-hour yoga therapy training program?*

A. Yes. The IAYT's experience is that most 300-hour yoga therapy training programs among the IAYT member schools are 500-hour RYS programs, which, of course, have a minimum admission requirement of a 200-hour RYS teacher training. We are aware of rare cases in which schools have accepted students into their 300-hour programs without first taking a 200-hour teacher training program. In those cases, students will still have to take a 200-hour RYS teacher training or equivalent in order to be eligible for grandparenting by the IAYT.

Q. *How much time do I have to finish the 300-hour program and the additional training experience?*

A. Students must *complete* the 300-hour program *and* the 150 hours of additional training and/or experience by December 31, 2016.

This is a new requirement, but meets the previously recommended “3 year plan” for students in the Yoga Therapy Program. Those grandfathered will need to be especially diligent in completing their education AND their practicum by Dec. 31, 2016.

Q. *What qualifies as the 50 hours of continuing education?*

A. *Please Note:* The 50 hours of continuing education has turned out to be administratively unfeasible for the IAYT to oversee and for that reason is being dropped as an option. IF a school has already started such a program in conjunction with a mentored practicum, please contact the IAYT Executive Director.

As none of our students have chosen this option, this is not an issue. We will remove it as one of the options on the Practicum Guidelines page.

Q. *Should I attempt to grandparent or to complete an accredited program?*

The competencies in the IAYT *Educational Standards for the Training of Yoga Therapists* are the current standards for our field adopted by the IAYT. These reflect a consensus recommendation for the knowledge, skills, and abilities for an entry level yoga therapist, as developed by the IAYT Educational Standards Committee, a diverse international committee of ten leading therapist trainers in our field. They worked on these standards and competencies for over two years, and, after much public review and discussion, the standards were approved by the IAYT Board of Directors.

All serious students interested in a professional career as a yoga therapist should thus seek to acquire the *full* set of competencies. That is the basis of IAYT program accreditation. Otherwise students may be short-changing themselves in terms of being well-trained and well rounded practitioners

While we honor the ability of our students to meet IAYT requirements with the grandfathering option, we agree with IAYT that it is wise for you to seek the full set of competencies if possible.

Q. *What is the basis for these grandparenting guidelines?*

A. In an emerging field at the outset of establishing standards, it is normal practice to have a generous grandparenting system, namely one that takes into account the diversity of training that has existed in the field, while at the same time preserving the field’s integrity and credibility—which is a paramount consideration for everyone. We anticipated from

the start that designing and implementing such a system would be inherently awkward and challenging, but we recognized that this was an essential challenge to address, since the field would not have developed to this point without pioneering efforts in many directions.

Since the majority of the yoga therapist training programs in IAYT's member schools program were 300-hour programs – in the context of a RYS 500 program – it was decided to use that as the base for the *eventual* grandparenting of recent graduates of existing yoga therapy training programs.

For seasoned yoga therapists who have not graduated from a 300-hour yoga therapy training program?

- Q.** *What are the guidelines for seasoned yoga therapists who have not graduated from a 300-hour yoga therapy training program? After all, many of these pioneers are the ones teaching in yoga therapist training programs today?*
- A.** These guidelines have not yet been developed. The guidelines for graduates of 300-hour programs were developed first because many of these students were still in training, or just planning to start, when the Educational Standards were published. IAYT is focusing most of our limited resources on establishing the program accreditation process now, although we recognize that guidelines for seasoned yoga therapists are another important part of this process and should be published in a timely fashion.