

## Registration with the CNHC for Yoga Therapists

In order to be eligible to be admitted to the CNHC register, a practitioner must have undertaken a programme which meets, as a minimum, the National Occupational Standards (NOS) for that profession/discipline.

If you graduated from the institutions listed below and you have completed one of the courses listed, your course has been assessed as fully meeting the NOS and you will therefore be eligible for registration. This means that you must follow one of two routes below:

- You can apply directly through your training institution, if it is an approved verifying organisation<sup>1</sup>
- If your training institution is not an approved verifying organisation, you can apply through one of the yoga teaching Professional Associations if you are a member

Training institutions and Professional Associations able to verify applications for registration are listed on CNHC's website under the [Professional Association option](#). If your institution or PA is not currently listed, this means that arrangements have not yet been made. Please check CNHC's website on a regular basis for up-to-date information on verifying organisations. If you trained at one of the smaller institutions which is not able to verify applications for registration<sup>1</sup>, and are not a member of one of the Professional Associations listed, please see [PA option for non members](#).

Qualification	Year of Award	Training institution <sup>1</sup>
Birthlight Perinatal Yoga Diploma*	2000 to date	Birthlight
cYs Practitioner	Jan 1985 - Dec 1996	Centre for Yoga Studies, Bristol
VB Practitioner	Jan 1997 – Dec 2006	Centre for Yoga Studies, Bristol
cYs Practitioner	Jan 2007 to date	Centre for Yoga Studies, Bristol
Diploma in Yoga Therapy	Sept 1995 – June 2007	Yoga Therapy and Training Centre
Diploma in Yoga Therapy	Sept 2007 to date	Yoga Therapy and Training Centre
Dru yoga Teaching Diploma PLUS Dru Yoga and Back Care PLUS Prenatal Dru Yoga**	2005 to date	Dru (UK)
KHYF Yoga Teacher	Jan 2006 to date	Krishnamacharya Healing & Yoga Foundation
The Real Yoga Diploma in Yoga Teaching and Yoga Therapy	Jan 2007 to date	Real Yoga, Herefordshire
Sadhana Mala Art of Individual Teaching (AIT)	May 2009 to date	Sadhana Mala
Three Year Teacher Training	Jan 2005 to date	Sadhana Mala

<sup>1</sup> Birthlight, Centre for Yoga Studies, the Yoga Therapy and Training Centre, Dru (UK), Krishnamacharya Healing & Yoga Foundation, the Yoga Biomedical Trust, have made or are making arrangements with CNHC to be approved as registration application verifying organisations

Qualification	Year of Award	Training institution <sup>2</sup>
Yoga Therapy Diploma	Oct 1992 – Dec 2009	Yoga Biomedical Trust
Yoga for Health Remedial Teacher (Certificated)	1985 - 2006	The Yoga for Health Foundation
YOU & ME Yoga Therapy Diploma***	2009 to date	YOU & ME Yoga

\*Birthlight Registrants are to work only with perinatal women

\*\*Dru Yoga registrants are to work only with those with back pain and perinatal women

\*\*\*YOU & ME registrants are to work only with those having learning disabilities and/or disabilities

If your course will not automatically meet the NOS (i.e. is not listed above), you will need to complete a Portfolio Application Form and submit additional information in order for a member of our Profession Specific Board (PSB) for Yoga Therapy to assess your application to see if you meet the criteria for registration.

There is a sliding scale of charges up to £150 for assessment of applications depending on the amount of assessment required e.g. from confirming membership of professional registers and qualifications; to analyses of case studies; through to an interview. This assessment fee is in addition to the annual registration fee each registrant will pay to the CNHC. Further information on the assessment process is set out in Annex 1

A member of our PSB will contact you to let you know the charge and arrange payment by cheque (payable to the individual carrying out the assessment process) before carrying out the full assessment.

If you wish to apply through this route, please see [Apply to Register – Alternative Option](#) for further information and a copy of the Portfolio Application Form, or contact CNHC at [info@cnhc.org.uk](mailto:info@cnhc.org.uk) or telephone 0203 178 2199 for an application form.

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**Assessment process for applicants who have been working in the field of yoga therapy for a minimum of 5 years continuously (7 years minimum with a career break) and without a listed yoga therapy qualification**

1. Individual applications will be dealt with on a case by case basis by a member of CNHC's Profession Specific Board (PSB) for Yoga Therapy.
2. The applicant needs to complete a Portfolio Application Form and submit the application, together with associated paperwork, to CNHC's offices either electronically or by post.

**Applicants with transferable professional skills and a broad range and depth of experience in teaching yoga therapeutically:**

Your **prior learning** will be assessed. Prior learning is defined as a professional qualification e.g. medical doctor – general practitioner. The applicant should be a member of a professional organisation associated with their prior learning. You will be asked to provide a copy of your qualification which will be verified.

Your **prior experience of teaching yoga** will be assessed. Prior experience of teaching yoga therapeutically would ideally come from studying in India with a yoga mentor/ organisation involved with teaching yoga in a therapeutic manner to individuals with a wide range of conditions.

- Although this study may not be continuous it must have been over several years.
- The applicant must have been supervised teaching therapeutically; at least in their early months of teaching.
- Ideally the applicant would have a mentor to whom questions may be addressed and from whom appropriate answers would be received.
- Case studies and/or a statement of practice may be required to show how the applicant applies yoga therapy.
- Testimonials may be sought from the contacts given.
- Ideally the applicant would have a UK sponsor for their therapeutic work in the UK.
- Evidence supporting this experience may be sought.

**Applicants who have a Yoga Teaching qualification and additional skills, knowledge and experience of teaching Yoga therapeutically taking into account the specific needs of an individual**

Applicants will need to show they have grown professionally in the area of yoga therapy and be able to demonstrate they now have the competencies outlined in the National Occupational Standard for Yoga Therapy.

As requested the applicant will be able to:

- list the therapeutic teaching they have done over 5 or 7 years
- give evidence of courses, workshops, supervision they have undertaken
- give evidence of their skills when completing the Application Portfolio form

In addition, applicants may be asked to provide 2 case studies following guidance notes (available from PSB members) and provide contact names to obtain testimonials