Registration with the CNHC for Yoga Therapists

In order to be eligible to apply for registration with CNHC practitioners must have

- undertaken a programme of training that meets, as a minimum, the Yoga Therapy National Occupational Standards and the Yoga Therapy Core Curriculum. The minimum level of qualification required is equivalent to 4 (England and Wales); 6 (Northern Ireland); 7 (Scotland) on the UK Qualification Comparison Chart

OR

- have achieved competence to the level of the Yoga Therapy National Occupational Standards by means of relevant experience of at least three years and been assessed by their peers as having met those Standards.

Please note, courses delivered entirely by distance learning do not meet CNHC requirements.

The following courses meet the National Occupational Standards and the Yoga Therapy Core Curriculum:

Qualification	**Year of Award**	**Training institution**[1]
*Birthlight Perinatal Yoga Diploma	2000 to 2020	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 – Dec 2015	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 2015	Yoga Therapy and Training Centre
**Dru yoga Teaching Diploma PLUS Dru Yoga and Back Care PLUS Prenatal Dru Yoga	2005 to 2013	Dru (UK)

Dru Yoga Therapy Diploma	2014 to date	Dru (UK)

[1]British Wheel of Yoga (BWY) and The Society of Yoga Practitioners (TSYP) have made arrangements with CNHC to be verifying organisations

Qualification	Year of Award	Training institution[2]
Yoga Focus Yoga Therapy Diploma	Oct 2022 to Oct 2028	Yoga Focus
KHYF Yoga Teacher	Jan 2006 to June 2015	*Became TSYP*
TSYP Yoga Teacher	2010 to date	The Society of Yoga Practitioners (TSYP)
The Real Yoga Diploma in Yoga Teaching and Yoga Therapy	Jan 2007 to 2012	Real Yoga
Real Yoga Diploma in Yoga Therapy	Jan 2012 to date Review 2026	Real Yoga
Sadhana Mala Art of Individual Teaching (AIT)	May 2009 to 2017 Nov 2025 – Nov 2031	Sadhana Mala
Three Year Teacher Training	Jan 2005 to Dec 2010	Sadhana Mala
Yoga Therapy Diploma	Jan 2020 to date Review 2026	Experiential Yoga therapy – Yoga Anubhava UK
Yoga Therapy Diploma	Oct 1992 – Dec 2009	Yoga Biomedical Trust
Yoga Therapy Diploma ***(VERIFIERS PLEASE NOTE Course participants who are not 200hr Qualified Yoga Teachers are not eligible for CNHC Registration for Yoga Therapy)***	April 2020 to date Review 2026	Yoga United
Yoga for Health Remedial Teacher (Certificated)	1985 - 2006	The Yoga for Health Foundation
***YOU & ME Yoga Therapy Diploma	2009 to 2010	YOU & ME Yoga
Post-Graduate Diploma in Integrated Yoga Therapy	2012 – Oct 2013	Integrated Yoga Therapy
Integrated Yoga Therapy	Nov 2013 to 2017	Clear Mind Institute
Yoga Therapy Diploma	2012 to date Review 2025	Yogacampus

Qualification	Year of Award	Training institution[2]
TMI 550hour/580hour Professional Diploma in Minded Yoga Therapy ***(VERIFIERS PLEASE NOTE Course participants who are not 200hr Qualified Yoga Teachers are not eligible for CNHC registration for Yoga Therapy)***	2017 to date	The Minded Institute (TMI)
Post Graduate Diploma in Integrated Yoga Therapy	2017 to date	True Yoga
Yoga Therapy Whole Person Healing	2025 to Aug 2031	Whole Person Healing

*Birthlight Registrants are to work only with perinatal women

**Dru Yoga (Pre 2014) 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 you have completed one of the courses listed above you can apply using the Route 1 or Route 2 option. See **Apply to Register** for further information

NOTE: If your course has not been accredited by the British Council for Yoga Therapists (BCYT) and you wish your course to be added to the those listed above please submit to the CNHC office detailed documentation that demonstrates how the course delivers all the outcomes of the National Occupational Standards (NOS) and the requirements of the Core Curriculum. The office will copy the documentation to the Professional Specific Board (PSB) so that the PSB can advise the CNHC whether the list should be updated.

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