



Level II Recertification Guidelines

Thank you for your continued commitment and participation in the YFA program!

We have expanded the options available for renewing your YFA Level II Certification

Option #1 – Attend another Level II YFA training. Check the YFA website for the current options. Also, join YFA teacher’s membership to receive access to the latest training materials.

Option #2 – Complementary Training. Pay a recertification fee of \$150 and attend another yoga training that serves a complementary audience. After that training you’ll need to write up a synthesis report about how the knowledge gained will integrate into your YFA work. You’ll go over that with a YFA mentor and owe them the mentor rate \$50/hr for their time.

Examples include:

Accessible Yoga: <http://www.accessibleyoga.org>

Aqua Yoga: <http://www.aquakriyayoga.com>

Chair Yoga:

http://www.getfitwherewaysit.com/become_certified_in_chair_yoga_fitness_exercise.html

Integrative Yoga for Seniors at Duke:

<https://www.dukeintegrativemedicine.org/programs-training/professionals/integrative-yoga-for-seniors-professional-training>

Kidding around Yoga: <http://kiddingaroundyoga.com> and

<http://kiddingaroundyoga.com/a-okay/> or if you have experience working with kids, just the accessibility component.

Yoga for Scoliosis <http://yogaforscoliosis.com/teacher-training>

*Please note these are being provided as examples only and we are not endorsing one program over another. If you're considering one not listed, please write a short proposal and submit it to Dr. Steffany Moonaz for review info@arthritis.yoga.

Option #3 – Mini Re mentoring Session. Pay the \$150 recertification fee and record one of your YFA classes for submission to a YFA mentor.

Option #4 - Write up a YFA-related case report. Pay the \$150 recertification fee and write up a client case report in accordance with the CARE guidelines that is suitable for submission for peer-review. This will be reviewed with a mentor (whom you will pay for their time) and you may choose to submit this info for publication if you'd like.

- CARE Case Report Guidelines: <http://www.care-statement.org/resources/checklist>
- International Journal of Yoga Therapy Submission Guidelines: <http://www.iayt.org/page/AuthorGuidelines>
- Yoga Therapy Today Submission Guidelines: <http://www.iayt.org/?page=YTTSubGuidelines>

Option #5 – Volunteer to assist at a Level I training.

Option #6 – If you have an idea that's not listed here, please reach out to Dr. Moonaz at info@arthritis.yoga to discuss it.

Please note the \$150 administration fee includes a Community Level YFA Teacher's membership so you have access to the latest versions of the training materials.