



Holy Yoga Continuing Education Program Requirements

*Instruct the wise and they will be wiser still;
teach the righteous and they will add to their learning
- Proverbs 9:9*

Holy Yoga Mission Statement

Holy Yoga is an experiential worship created to deepen people's connection to Christ. Our sole purpose is to facilitate a Christ honoring experience that offers an opportunity to believers and non-believers alike to authentically connect to God through His Word, worship, and wellness. Holy Yoga exists to carry the gospel to the ends of the earth through the modality of yoga.

The Holy Yoga Continuing Education Program was created to facilitate ongoing growth in serving the Lord and His flock through Holy Yoga. To maintain the high level of integrity that is the Holy Yoga family and the Holy Yoga experience, Registered Holy Yoga Instructors (R-HYI) are expected to consistently growing in intimacy with Christ through prayer, a knowledge of god through scripture, and the furthering of their yoga education. The Holy Yoga Continuing Education Program has two intended purposes: to keep Holy Yoga Instructors updated in their training and to provide Holy Yoga with an understanding of which instructors are continuing to teach in their areas.

Documentation of Continuing Education (CE) needs to be submitted to Holy Yoga for review every three (3) years upon completion of a Holy Yoga Certification. Failure to complete the required credits and failure to pay the Annual Licensing Fee may result in the termination of your Holy Yoga trademark usage.

Holy Yoga's Continuing Education requirements consist of the following three elements:

Soul Care (1 per year)

Intimacy with Christ is the most important call on our lives as followers of Jesus and as Holy Yoga Instructors. We believe ordering our lives through spiritual disciplines allows us to place value on receiving His love and grace first, and then, offering that overflow to those we teach. We will only teach what we know for ourselves. This is spiritual health.

It is difficult to measure the formation of our souls in spiritual practice except by love: love of God and love of others. However, there are a few immeasurable spiritual disciplines we strongly encourage and will continue to support for your growth: time on the mat, time in the Word (Bible study), prayer & meditation, community, solitude & silence, and retreat. We call this soul care.

Soul care hours may be acquired by measurable means such as

Bible study (*Holy Yoga Bible Study or Bible study at your church or with a small group*) -or-

Retreat (*Holy Yoga Re-Retreat, Holy Yoga Soul Care Retreat, a Holy Yoga regional retreat, or a community/church retreat*)



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Immeasurable examples of soul care in Holy Yoga include HYTV, Holy Yoga prayer calls, Holy Yoga recorded meditation, and Holy Yoga regional life groups.

Teaching Hours (45)

These hours are acquired by teaching 45 hours of yoga within a three year period.

Teaching may consist of regular classes, workshops, and/or retreats, in either the Holy Yoga or Hatha Yoga style.

Educational Hours (30)

These hours are acquired by attending yoga trainings in-person (contact) or virtually (non-contact) each three year period.

Contact Educational Hours - 10 or more

Contact hours can be obtained through hands-on (in-person) Holy Yoga instructor trainings, Holy Yoga workshops, yoga courses and discussion/study groups.

Examples: Holy Yoga Touch Training, Re-Retreat, Soul Care Retreat, Aerial Holy Yoga Training, Holy Yoga workshop, yoga workshop, Revelation Wellness Instructor Training on Anatomy

Non-Contact Educational Hours - up to 20

Non-Contact hours are completed virtually or not in-person.

Examples: Chair/Senior Holy Yoga Training, Baby/Toddler Holy Yoga Training, Holy Yogalates Training, Pre-/Post-Natal Training, Kids Holy Yoga Training, Holy Yoga Master's Program, Holy Yoga Monthly Anatomy Calls

Frequently Asked Questions

Who needs to submit Continuing Education hours?

CE hours must be submitted to maintain the following instructor designations:

- **M-HYI (Master Holy Yoga Instructor)**
A Holy Yoga Instructor with a minimum of 500 hours of yoga instructor training that meets Holy Yoga standards.
- **R-HYI 225 (Registered Holy Yoga Instructor)**
A Holy Yoga Instructor with a minimum of 225 hours of Holy Yoga instructor training that meets Holy Yoga standards.
- **R-HYI 95 (Registered Holy Yoga Instructor)**
A Holy Yoga instructor with a minimum of 200 hours of yoga teacher training and 95 hours of Holy Yoga instructor training that meets Holy Yoga standards.



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Frequently Asked Questions (cont.)

Who can provide Continuing Education hours?

- **M-HYIs**—Instructors who have earned the designation of Master Holy Yoga Instructor (M-HYI).
- **E-RYTs 200**—(Experienced Registered Yoga Teacher)
A yoga teacher with a minimum of two years and 1,000 hours of teaching experience. Can be a Director and/or Primary Instructor of a 200-Hour teacher training program.
- **E-RYTs 500**—RYT 500 (Experienced Registered Yoga Teacher)
A RYT 500 that has significant teaching and training experience. Can be a Director and/or Primary Instructor of a 200-Hour teacher training program
- **Holy Yoga Specialty Certifications/Trainings**
Holy Yoga Specialty Programs can provide CE hours if pursued. Below is a list of specialty certifications that apply. Upon completion, instructors will carry the specialty designation(s) below.
 - Pre-/Post-Natal Holy Yoga Certification (20 non-contact hours)
 - Chair/Senior Holy Yoga Certification (20 non-contact hours)
 - Baby/Toddler Holy Yoga Certification (15 non-contact hours)
 - Holy Yogalates Certification (15 non-contact hours)
 - Kid's Holy Yoga Certification (50 non-contact hours)
 - Holy Yoga Touch Certification (15 contact hours)
 - Holy Yoga Master's Program (125 non-contact hours)
 - Holy Yoga Therapy Program (250 non-contact hours)
 - Holy Yoga with Weights (15 non-contact)
 - Aerial Holy Yoga (40 contact hours)
 - Adaptive Holy Yoga (50 non-contact hours)
 - Holy Yoga Plus (25 non-contact hours)
 - Trauma-Sensitive Holy Yoga (35 non-contact hours)

When do I need to submit my hours?

Your three years start after completion of the 225 or 95 hour instructor training program. Periodic emails will remind you to submit your hours.

How do I submit my hours?

Your hours must be submitted on-line via your Holy Yoga user profile. Once you are logged into your profile, click on My Account and then scroll down until you see My Continuing Education.

Does attending yoga classes count towards 10 hours of contact?

No. These must be educational or instructional hours. Attending a yoga workshop would count.

