



# **East to West Yoga and Pilates**

## **Teacher Training & Certification**

### **Recertification Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Method: Cheque \_\_\_\_\_ Money Order \_\_\_\_\_ Visa \_\_\_\_\_ Mastercard \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Expiry: \_\_\_\_\_

Signature: \_\_\_\_\_

For renewal of (circle one): YES EWYT-RYT200 AEWYT-RYT500 TYS FYS PMI

Original certification date: \_\_\_\_\_ Current expiration date: \_\_\_\_\_

Those with YES and/or EWYT-RYT200 and/or 500 and/or TYS and/or FYS pay for one certification renewal only and circle all applicable certs above. PMI is a separate certification with its own fee.

**\*Please Attach:**

- List of completed CECs applicable - \$40.00 Recertification fee + \$5.20 HST = \$45.20

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#### **Recertification forms and guidelines also available online.**

For recertification you are required to have completed 10 continuing education credits (CECs) every two years. Credits can be completed in the following manner:

1. one credit for attending a yoga/pilates class with a qualified yoga teacher or school.
2. one credit for every hour of attendance at a yoga or pilates related topic workshop with a certified yoga/pilates teacher, recognized yoga/pilates school or recognized professional of the related topic.
3. two credits for every yoga/pilates or related topic video you study and a completed 500-word report.
4. three credits for every yoga/pilates or related topic book studied with a 500-word book report.

**For YES, related topics include: meditation, psychology, yoga philosophy, mysticism, hypnosis, healing.**

**For PMI, related topics include: body sciences, nutrition, wellness and personal growth.**

Every two years you will be required to complete 10 continuing education credits to keep your knowledge, expertise and skills developing. Those of you who live in rural settings may find books and videos easier to use. Receipts can be used as proof of attendance of classes and workshops and reports of 500 words can be written for books and videos studied. All East to West courses qualify for CECs and each course hour is worth 1 credit. All course credits can be applied up to 2 years after completing a course.

**NOTE: To recertify, please complete recertification form above and submit with \$45.20 recertification fee by your deadline.**