FOYT

FEDERATION OF ONTARIO YOGA TEACHERS

FOYT CONTINUING EDUCATION FORM:

NAME: _____

ADDRESS: _____

POSTAL CODE: _____

HOME PHONE: _____ WORK PHONE: _____

EMAIL: _____ WEB SITE: _____

The table below should be used for the 2008 renewal period to track CE hours from the last three years i.e. hours from 2005, 2006 and 2007. Please ensure you have either a receipt or certificate to show participation. After this first renewal, CE hours will be tracked for a two year period i.e. the 2010 renewal will include CE hours from 2008 and 2009.

Hours recorded beyond the required 40 CE training hours and 45 teaching hours are optional.

Please return completed tables with your RYT renewal payment in 2008.

2005-2008 CE TRAINING HOURS

Event: name workshop, conference and/or activity related to the study of yoga	**Date: beginning - end**	**Yoga Studies: subject area ** (see note below)**	**Hours: contact/ non-contact**
e.g. FOYT yoga retreat with Eoin Finn	Feb15-17, 2008	Yoga techniques	12 contact hours
e.g. Read Yoga Anatomy book	December 2007	Anatomy and physiology	5 non contact hours (equals 1 contact hour)
			Total contact hours:

**Subject areas of study- yoga techniques, teaching methodology, gross and subtle anatomy, physiology, philosophy, ethics, and practice teaching.

Use the table below to track hours of teaching from a three-year period

2005-2008 TEACHING HOURS

Name of Location	# of weeks teaching	# of classes per week	Length of Class	Total Hours
E.g. Parks & Recreation	**9**	**3**	**1.5 hours**	**121.5 hours**
				Please total this column:

Continuing Education Check list:

☐ Did you complete both CE grids?
☐ Did you remember to include a copy of your current CPR / First Aid Certification?
☐ Did you remember to include proof of liability insurance?
☐ Did you include your membership renewal payment?
☐ Did you update your contact information on your membership form, if required?

Questions?

Please contact the FOYT Office – 905-251-9209