

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** Yoga Therapy Diploma | 2005 to 2013 2014 to date Review 2022 (currently under Review) | Dru (UK) |

¹British 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 | <i>Became TSYP</i> |
| TSYP Yoga Teacher | 2010 to date Review 2023 | 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 | Real Yoga |
| Sadhana Mala Art of Individual Teaching (AIT) | May 2009 to 2017 | 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 (<i>VERIFIERS PLEASE NOTE</i> Course participants who are <u>not</u> 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 |
| TSYP Yoga Therapy Diploma | 2017 - 2023 | The Society of Yoga Practitioners (TSYP) |

| Qualification | Year of Award | Training institution ² |
|--|---------------|--|
| TMI 550hour/580hour Professional Diploma in Minded Yoga Therapy (<i>VERIFIERS PLEASE NOTE</i> <i>Course participants who are <u>not</u> 200hr Qualified Yoga Teachers are not eligible for CNHC registration for Yoga Therapy</i>) | 2017 - 2023 | The Minded Institute (TMI) |
| Post Graduate Diploma in Integrated Yoga Therapy | 2017 - 2023 | True Yoga |

*Birthlight Registrants are to work only with perinatal women

**Dru Yoga 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
If you trained elsewhere, then you need to complete a [Portfolio Application Form](#) to apply to register.

There is a sliding scale of charges up to £165 for assessment of applications depending on the amount of assessment required e.g. from confirming membership of professional registers and qualifications; to analyses of case studies; through to an interview. This assessment fee is in addition to the annual registration fee each registrant will pay to the CNHC.

A member of our PSB will contact you to let you know the charge and arrange payment (payable to the individual carrying out the assessment process) before carrying out the full assessment.

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.