



THE TRAUMA • CONSCIOUS  
Yoga Institute

## Maintaining Your TCYM Credential

*Beautiful TCYI community,*

*As we continue to expand our offerings and grow our global community at the Trauma-Conscious Yoga Institute, it is of the utmost importance to Nityda and the team that we are upholding the integrity of the TCYM model in our efforts to support our mission.*

*We are also in the process of getting a directory of practitioners on our website and these criteria must be in order to be listed.*

Please review the [updated guidelines on how to obtain and maintain your TCYM Credential](#).

Obtaining the TCYM credential: To obtain the credential you must be certified in The Trauma-Conscious Yoga Method by first, attending a 25-hour TCYM certification training with Nityda or a facilitator that she has approved, and second, completing your final case presentation (or final project if you attend the on-demand, virtual training).

Maintaining the TCYM credential:

1. Attend three or more virtual TCYM community classes each year. (If you attend a six or eight-week TCYM group with Nityda or Elizabeth during the year\*, you do not also have to attend three community classes, though it's recommended.)
2. Attend six TCYM coaching calls\*\* with Nityda or other TCYI staff for every two year period post certification. (e.g. If you attend TCYM training and receive certification in 2022, then we ask that you attend six coaching calls between 2022 and 2024 in order to maintain your credential).

Exclusion to this criteria: If you attend TCYM Level 2 training, you do not have to also attend six coaching calls. The Level 2 training will cover you for two years of certification. (e.g. If

you attend TCYM training and receive certification in 2022 and then attend TCYM Level 2 in 2022. Your certification is good through 2024).

\*From time to time, Nityda and Elizabeth (approved provider) facilitate virtual TCYM groups. If you join a group, you don't also have to attend the three community classes). Please see the [website](#), newsletter and social media pages for upcoming group announcements and registration. Nityda will be facilitating an 8-week closed group this Spring.

\*\*Please note that coaching calls used to be called consultation group.