

Guidelines

The following are the Yoga Australia Guidelines for comprehensive, 'Further Education for Yoga Teachers' to further develop their knowledge and skills.

- > Further education that meets these guidelines will provide all the required training for a yoga teacher to progress from a 200hr qualification (such as Yoga Australia Provisional Membership) to Yoga Australia Level 1 registered teacher (350hr) status, or from a Yoga Australia Level 1 (350hr) to a Yoga Australia Level 2 – Intermediate (500hr) registered teacher status.
- > The course primary teacher will be a Level 3 Yoga Australia member, or equivalent in exceptional circumstances.
- > The course will have stated learning objectives and assessment procedures to determine whether participants have understood the course material. A certificate of successful completion should be issued.
- > The proportion of contact hours will be at least 67%, eg: at least 100 contact hours for a 150 hour course.

General Curriculum examples

Curriculum area description and examples		Minimum hours
Prerequisites	Yoga teaching qualification of at least 200hrs	
Anatomy & Physiology	Study of the anatomy & functional physiology of bodily systems as they relate to teaching yoga. While details may be determined by the school in accord with their style, tradition or program objectives, the following is to be included: <ul style="list-style-type: none"> > The mind-body relationship > Relationship between systems of the body 	20 hours
Yogic Physiology	Study of subtle yogic physiology and energy fields, such as: nadis, koshas, chakras, gunas and prana vayus. (study of Ayurveda not counted)	10 hours
Philosophy, Ethics & Lifestyle	Study of yoga philosophies, ethics for yoga teachers and yogic lifestyle. Studies to be informed by recognised, seminal texts that may include (but limited to): <ul style="list-style-type: none"> > Yoga Sutras of Patanjali > Hatha Yoga Pradipika > Bhagavad Gita > Upanishads 	20 hours
Techniques	Theory and practice of yoga techniques in traditional areas of yoga study. Yoga techniques such as: Asana, pranayama, meditation, bandha, mudras, kriyas, shatkarma, etc, relaxation, chanting, and other traditional yoga techniques. Emphasis must be given to both the theory and guided practice in a dedicated teacher training environment. While selection of practices may be determined by the school in accord with their style, tradition or program objectives, the program must contain some learning associated with asana, pranayama and meditation.	50 hours

General Curriculum examples

Teaching methodology	Study and practice of teaching methodologies such as: Principles of demonstration, observation, communication, assistance, correction, adjustments, instruction, teaching styles, learning styles, etc.	20 hours
Integrative Practice and Teaching (Practicum)	Integrative practices such as: Supervised teaching practice, observation of teaching, assistance in classes taught by qualified teacher, receiving and giving feedback. This includes professional on-going mentoring and supervision under a more senior teacher.	10 hours
Remaining hours, contact or non-contact self-directed learning	May be distributed among the categories above or in an area of specialisation such as: Therapeutic use of asana, pranayama, relaxation, meditation, cleansing practices, or yoga for special needs groups etc.	20 hours
Total Hours	(100 <u>contact</u> hours overall required)	150 hours

Note: While completion of a Yoga Australia registered Further Training for Yoga Teachers post-graduate program will provide the required hours of training for a yoga teacher to progress from a 200hr qualification (such as Yoga Australia Provisional Membership) to Yoga Australia Level 1 registered teacher (350hr) status, or from a Yoga Australia Level 1 (350hr) to a Yoga Australia Level 2 – Intermediate (500hr) registered teacher status, the required number of total training or mentored hours and, if applicable, the number of years of teaching and personal practice must also be met in order to achieve Level 1 or 2 membership. See the Levels of Membership Curriculum Table.

Further enquires can be made to enquiries@yogaaustralia.org.au