

Application for Upgrade of Membership Level

Section A

Application for membership upgrade

Application form for membership upgrade required with supporting evidence.

(Refer to the Levels of Membership Curriculum Table in Section B of this document)

Name of member			
Yoga Australia Member Number			
Current Membership or Registered Teacher Level			
I wish to apply for upgrading of my membership to Please mark one box only	<input type="radio"/> Level 1 Registered Teacher	<input type="radio"/> Level 2 Intermediate Registered Teacher	<input type="radio"/> Level 3 Senior Registered Teacher
How many years have you been teaching yoga consistently?			
Please estimate the total number of hours that you have taught during this period. Required for Level 2 and 3 ONLY. Please provide a full list. (See template provided).			
How many hours duration was your initial teacher training and what year did you graduate?			
What additional training have you undertaken to bring your total training to the required number of hours for your requested upgrading? Please outline the approximate numbers of hours and training provider names here, certificates must be included. However, if training was NOT registered with Yoga Australia, you are required to upload an additional document that outlines the curriculum for each course (See template provided) Your evidence may include, but limited to; graduation certificates, references, course curriculum details.			

All information provided in this application is, to the best of my knowledge, true and accurate.

Signature: _____ Date: _____

Section B

Upgrade requirements according to your level of membership

Level 1 Upgrade requirements

- Upgrade form signed and completed.
- Further Training certificates equal to or above 350-hours. If courses were done with overseas or with non-registered Yoga Australia providers we are required to review the course curriculum showing hours allocated to each of the main subjects. Please obtain a reference and/or ask your teacher to fill out the template provided here ([See template provided](#)).

Level 2 Upgrade requirements

- Upgrade form signed and completed.
- Further Training certificates equal to or above 500-hours. If courses were done with overseas or with non-registered Yoga Australia providers we are required to review the course curriculum showing hours allocated to each of the main subjects. Please obtain a reference and/or ask your teacher to fill out the template provided here ([See template provided](#)).
- A breakdown of teaching experience showing a minimum of 500 hours and 5 years. You may have taught at various studios, so you are welcome to list details in a table and calculate total hours.
e.g. two 90 minute classes taught at Toowong Yoga Centre, 40 weeks per year, 2001-2006 = 720 hours ([See template provided](#)).
- A few current testimonials from long-standing students you have taught over the 5 years with approximate dates of your teaching. If you cannot provide testimonials from students please obtain them from either employers, mentors or senior yoga teacher colleagues.

Level 3 (Senior) Upgrade requirements

- Upgrade form signed and completed.
- Further Training certificates equal to or above 1000-hours. If courses were done with overseas or with non-registered Yoga Australia providers we are required to review the course curriculum showing hours allocated to each of the main subjects. Please obtain a reference and/or ask your teacher to fill out the template provided here ([See template provided](#)).
- A breakdown of teaching experience showing a minimum of 1000 hours and 10 years. You may have taught at various studios, so you are welcome to list details in a table and calculate total hours.
e.g. two 90 minute classes taught at Toowong Yoga Centre, 40 weeks per year, 2001-2006 = 720 hours ([See template provided](#)).
- A few current testimonials from long-standing students you have taught over the 10 years with approximate dates of your teaching. If you cannot provide testimonials from students please obtain them from either employers, mentors or fellow senior teachers.

Submitting your Upgrade

Upgrade applications are to be submitted online. Please login into your Yoga Australia account and upload all documentation required to "[My Documents](#)" which can be located on your member "[Dashboard](#)". Documents can be a scanned copy, screenshot or photo and uploaded separately with the date and name. You must email membership@yogaaustralia.org.au once this step has been completed so we can review your submission and process your application.

This is a guide to levels of individual membership of Yoga Australia. For Training School registration, please see the Application for Registration of a Yoga Teacher Training Course document on the Yoga Australia website.

Section C

Levels of
Membership
Curriculum Table

Curriculum area	Description and examples	Yoga Australia Levels of Membership			
		Provisional member	Full member (Registered Level 1 Teacher)	Intermediate member (Registered Level 2 Teacher)	Senior member (Registered Senior Teacher)
Teacher Training	Minimum hours of yoga specific teacher training required for entry to each membership level. This can include further training after becoming a yoga teacher.	200 hours	350 hours	500 hours	1000 hours
Personal Practice	Minimum years of personal yoga practice, with commitment to ongoing professional development.	1 year	2 years	5 years	12 years
Professional Teaching	Total minimum years and minimum hours of professional yoga teaching.	n/a	n/a	5 years and 500 hours teaching.	10 years and 1000 hours teaching.
Mentoring	Mentoring involves undertaking regular (at least once weekly) supervised training in yoga teaching with a more senior teacher and can be structured in a way to best suit both you and your mentor, e.g. teaching as a trainee teacher under supervision or assisting the teacher in class.	If the length of time you spent training to become a yoga teacher was less than one year, mentoring is required. (*see note below)	If the length of time you spent training to become a yoga teacher was less than one year, mentoring is required. (*see note below)	Ongoing mentoring (both as a mentor and mentee) is recommended.	Ongoing mentoring (both as a mentor and mentee) is recommended.
Special Conditions	Conditions relevant to membership level.	Provisional on qualifying for Full membership (Level 1) within 3 years. (*see note below)	n/a	n/a	n/a
Anatomy and Physiology	Study of the anatomy and functional physiology of bodily systems.	30 hours Minimum 5 hours must be spent applying A&P to yoga teaching.	30 hours Minimum 5 hours must be spent applying A&P to yoga teaching.	50 hours Minimum 10 hours must be spent applying A&P to yoga teaching.	90 hours Minimum 20 hours must be spent applying A&P to yoga teaching.
Yogic Physiology	Study of subtle yogic physiology and energy fields, such as: nadis, koshas, chakras, gunas. etc. (study of Ayurveda not counted)	Minimum 5 hours must be spent on yogic physiology.	20 hours	30 hours	50 hours

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		Provisional member	Full member (Registered Level 1 Teacher)	Intermediate member (Registered Level 2 Teacher)	Senior member (Registered Senior Teacher)
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. Substantial emphasis must be given to both the theory and guided practice of, in a dedicated teacher training environment.	100 hours Minimums: Asana 20 Pranayama 20 Meditation 20 At least 5 hours of Bandha and Mudra must be included in the Asana and Pranayama above.	150 hours Minimums: Asana 30 Pranayama 30 Meditation 30 At least 5 hours of Bandha and Mudra must be included in the Asana and Pranayama above.	200 hours Minimums as for Level 1.	300 hours Minimums as for Level 1.
Teaching Methodology	Study and practice of teaching methodologies such as: principles of demonstration, observation, communication, assistance, correction, adjustments, instruction, teaching styles, learning styles, etc.	30 hours, of which at least 10 hours must be specific to the teaching of yoga. Business skills cannot be counted here.	30 hours, of which at least 20 hours must be specific to the teaching of yoga. Business skills cannot be counted here.	50 hours, of which at least 20 hours must be specific to the teaching of yoga. Business skills cannot be counted here.	90 hours, of which at least 40 hours must be specific to the teaching of yoga. Business skills cannot be counted here.
Integrative Practice and Teaching (Practicum)	Such as: supervised teaching practice, observation of teaching, assistance in classes taught by a qualified teacher, receiving and giving feedback. This includes professional on-going mentoring and supervision under a more senior teacher.	10 hours	40 hours	50 hours	70 hours
Remaining Hours/ Specialities	May be distributed among the categories above or in an area of specialisation such as: therapeutic use of asana, pranayama, relaxation, meditation, cleansing practices, yoga for special needs groups such as children, pre/post natal, etc.	nil	30 hours	50 hours Suggested 30 to 50 hours per modality of specialisation.	300 hours Suggested 30 to 50 hours per modality of specialisation.
Overall Contact Hours	Conditions relevant to membership level.	65% contact hours across all levels of membership and curriculum categories. (see notes in Membership Information document)			
Total		200 hours	350 hours	500 hours	1000 hours