

# Yoga Therapy

## Community of Practice

“Communities of practice are groups of people who share a concern or a passion for something they do and learn how to do it better as they interact regularly.”

- Etienne Wenger

# Yoga Therapy Community of Practice



## Introduction

Yoga Australia is presenting Communities of Practice to support our emerging community of yoga therapists, where we will gather in small groups to learn from each other and to support each other.

Yoga Australia's aim for these CoP sessions is:

- To provide CPD for Yoga Therapists with the cost inclusive of their membership
- To build a supportive referral and collegial network of Yoga therapist
- To allow members to share their expertise in specific areas of Yoga Therapy
- To provide peer review of cases

## Purpose

- To share learning and experience
- To understand and learn from each other's way of working
- To evolve some common helpful, innovative and creative approaches to the work
- To put one's practice up for review and exploration
- To get support, advice, ideas and affirmation from others.
- To address and resolve difficult professional issues which arise from the work
- To identify and monitor the quality of work
- To unburden, ventilate, debrief and deal with the various

stresses, emotions and vulnerabilities which may arise from the work

## Format

1. Prior to the gathering, the presenter will inform participants of the area to be explored so they can come prepared with their own experience or questions.
2. The presenter will deliver a presentation of between 60 – 90 minutes. This may be focused around a specific case, or area of expertise he/she has developed through experience and research. During this presentation, other participants may question or clarify. They should make note of their own experience or comments for the following discussion.
3. Break for refreshments and networking.
4. Other participants now peer review the case discussed. They can include their own understanding or research, or bring similar cases to discussion.