

# Levels of Membership

Curriculum Table

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.

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)
<b>Teacher Training</b>	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
<b>Personal Practice</b>	Minimum years of personal yoga practice, with commitment to ongoing professional development.	1 year	2 years	5 years	12 years
<b>Professional Teaching</b>	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.
<b>Mentoring</b>	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.
<b>Special Conditions</b>	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
<b>Anatomy and Physiology</b>	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.
<b>Yogic Physiology</b>	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
<b>Philosophy, Ethics and Lifestyle</b>	Study of the yogic philosophies and yoga educational texts, ethics for yoga teachers, yoga lifestyle. At least the following must be included: > Yoga Sutras of Patanjali > Hatha Yoga Pradipika > Bhagavad Gita	30 hours Minimum 20 hours philosophy and 2 hours ethics	50 hours Minimum 30 hours philosophy	70 hours Minimum 50 hours philosophy	100 hours Minimum 80 hours philosophy

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		Provisional member	Full member (Registered Level 1 Teacher)	Intermediate member (Registered Level 2 Teacher)	Senior member (Registered Senior Teacher)
<b>Techniques</b>	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
<b>Teaching Methodology</b>	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.
<b>Integrative Practice and Teaching (Practicum)</b>	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
<b>Remaining Hours/ Specialities</b>	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.
<b>Total Hours</b>		<b>200 hours</b>	<b>350 hours</b>	<b>500 hours</b>	<b>1000 hours</b>

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## General Guidelines

The Curriculum Table provides guidelines as to minimum requirements in training and experience for membership of Yoga Australia. These are not absolute rules, and the descriptions given are examples only. Membership is considered on a case-by-case basis at the discretion of Yoga Australia.

Your actual training in yoga teaching may vary as required by style or tradition of yoga and may not have come from a single source – you may have acquired your expertise in different ways, from different teachers with different learning models. However, overall your training and experience must largely cover the curriculum areas and time requirements shown in the table, and you must be able to provide documentation to demonstrate this. In instances where no certificate is available, you must get testimonials, which confirm the fact that you have the training, and experience that you claim.

**If you have any questions about your eligibility for membership, please contact Yoga Australia on 1300 881 451 or send an email to [enquiries@yogaaustralia.org.au](mailto:enquiries@yogaaustralia.org.au) for assistance.**

## Provisional Membership

Teachers with 200 hours training in the required curriculum areas are able to obtain Provisional membership with Yoga Australia, on the condition that they continue training in order to reach 350 hours training (and therefore Full membership of the association) within three years. Provisional members are able to teach yoga and qualify for yoga teaching public liability insurance.

## Mentoring

For those who have spent less than 12 months training to become a yoga teacher, there is a requirement to enter a mentoring agreement with a more senior recognised teacher to bring the length of time spent under supervision up to 12 months. Mentoring involves undertaking regular (at least weekly) supervised training in yoga teaching 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. See the [Mentoring Guidelines on the Yoga Australia website](#) for further information.