

# Guidelines for registration of a Yoga Teacher Training Course





## Index

<b>Advantages of course registration with Yoga Australia</b>	3
<b>General Guidelines for Registration</b>	
<b>Assessment Process</b>	4
<b>Maintaining your registration</b>	
<b>Discount for a second or subsequent training program registration</b>	
<b>Answers to FAQ's</b>	
<b>Summary of Curriculum Areas and Associated Hours</b>	6
<b>Competencies Profile</b>	8
Section 1 - Anatomy and Physiology	
Section 2 - Anatomy and Physiology	10
Section 3 – Philosophy, Ethics and Lifestyle	11
Section 4 – Techniques	12
Section 5– Teaching Methodology	13
Section 6– Integrative Practice and Teaching (Practicum)	14
Section 7– Remaining Hours/ Specialties	16

# Guidelines for registration of a Yoga Teacher Training Course



## Advantages of course registration with Yoga Australia

• **Supporting the maintenance of yoga teaching training course standards within Australia.** Only courses which meet Yoga Australia's [high set of standards](#) are granted Yoga Australia registration

• **Ease of joining Yoga Australia for your graduates.** Your new yoga teacher graduates can join Yoga Australia by simply attaching their certificate of completion of your course to their Yoga Australia membership application form. This will be considered sufficient evidence of having met all the criteria for Yoga Australia membership.

(We ask that Yoga Australia registered training courses issue certificates to their graduates showing the title of the course, the number of training hours, the length and the graduation date in order to facilitate this process.)

• **Find a training course listing.** Your training course will be listed on the Yoga Australia search facility, and will be sought out by many potential yoga teachers looking for a Yoga Australia registered teacher training course.

• **Marketing advantage.**

You will be asked to use the Yoga Australia registered teacher training course logo in all your advertising and promotional materials. Use of the logo is limited to advertising, promotional materials, and pages of your website directly related to your teacher training course, e.g.: the logo can be used only to advertise/promote your registered teacher training course, and must in no way suggest that Yoga Australia has registered all courses you deliver, or be used in any other aspects of your business. The registration of your course, and therefore your right to use the logo, remains always at the discretion of the Yoga Australia National Management Committee.

• **Web page on the Yoga Australia website.**

This web page can include your school logo, information about your course, and a schedule of classes. You can make changes yourself, such as updating your schedule or modifying your information. Your web page can be accessed by the public at <http://www.yogaaustralia.org.au/Course/NameofCourse>

## General Guidelines for Registration

Senior Yoga Australia members (Level 3), and other organisations that employ a senior Yoga Australia member

as the principal teacher trainer, may apply to the Association for registration of their teacher training course, providing the course meets the requirements for acceptance of its graduates as Full (Level 1) members of Yoga Australia. Teachers or organisations whose 350 hour teacher training course is registered by the Association may also apply for registration of a preliminary 200 hour course teacher training course, which will provide Provisional Yoga Australia membership for graduates.

Successful course registration (whether for a 350 hour or a 200 hour course) requires completion of the enclosed application form, together with attachment of substantial supporting documentation, including:

- A detailed course outline specifying the topics covered and the hours allocated to each topic.
- An explanation of how these topics/hours match up to the Yoga Australia Teacher Training Course registration curriculum areas/hours.
- How students will be assessed in each area of learning.
- Details of the qualifications and experience of all teaching staff.
- Any other information which may be required to satisfy Yoga Australia that your training course meets its requirements and is of a high standard.

# Guidelines for registration of a Yoga Teacher Training Course

## Assessment process

The assessment process involves review by the Yoga Australia Membership and Training Subcommittee on behalf of the Association. 3-6 months may be required for assessment before formal registration is granted. It may be necessary for the committee to ask further questions about your application, or to seek clarification of material contained in your application.

Once your course is registered, it is a requirement of registration that you refer to your course and a "Yoga Australia Registered Course (or Program)" and that you display the Yoga Australia "Registered Teacher Training Course" logo prominently on your various promotional media.

"Registration" of your teacher training course does not constitute certification, endorsement or accreditation by Yoga Australia, and words such as "Certified by Yoga Australia", "Accredited by Yoga Australia" or "Endorsed by Yoga Australia" cannot, and must not, be used in your advertising or promotional materials. Registration is simply a process by which you satisfy Yoga Australia that your yoga teacher training course meets the requirements for your graduates to gain membership of Yoga Australia.

The Yoga Australia Code of Ethics requires truthfulness in the

representation, content and delivery of your teaching and your teacher training course, and this includes the way in which your course is named and promoted.

## Maintaining your registration

Ongoing registration of your teacher training course is at the sole discretion of the Yoga Australia Training Committee, and may be cancelled at any time by Yoga Australia if the Committee finds discrepancies in your application, finds that your teacher training course is not being delivered as it was presented to the Association for assessment, or feels that continuing to register your teacher training course may compromise the reputation of Yoga Australia or the trust placed in the Association by the public.

Maintaining Yoga Australia registration also involves re-applying for registration of your teacher training course every three years.

You must also inform Yoga Australia within three months if the content or delivery of your yoga teacher training course changes in any material way from the information originally submitted for assessment.

## Discount for a second or subsequent training program registration

A 30% discount will be offered to schools wishing to register

a second or subsequent teacher training course (350 hours or longer), that is broadly the same as the initial registered course and is to be delivered primarily in Australia. This policy is mainly to address situations in which a school may wish to deliver their course in more than one location or by different delivery modes (mixed delivery, distant Ed etc).

The second or subsequent course shall:

- Have at least 75% of its contact hours delivered in Australia.
- Have a curriculum that is in most respects the same as the initial course.
- Have a Yoga Australia Level 3 member as the primary teacher. This may be a different person from the primary teacher in the initially registered course.
- In all other respects comply with the Yoga Australia course registration requirements.

## Answers to frequently asked questions about teacher training course registration

You (or the senior Yoga Australia member you employ as principal trainer) must be a Level 3 Senior Yoga Australia member, unless otherwise be approved by the Yoga Australia Committee. If there is to be any change in senior teaching personnel, you must request prior approval from Yoga Australia.

# Guidelines for registration of a Yoga Teacher Training Course

- You (and the senior Yoga Australia member you employ as principal trainer) must take responsibility for any other teachers involved in the delivery of the course, and for the training standard of the course overall. Teachers must be suitably qualified and experienced for the topics they teach and must be effectively under your supervision.
- Your principal training course must provide at least 350 hours of training, covering the minimum hours in each of the Yoga Australia Teacher Training Course curriculum areas.
- Your students must have completed at least 12 months personal yoga practice before admission to your teacher training course.
- Your principal training course must be of at least 12 months duration (whether full-time or part-time). If your course is shorter than 12 months duration, you must provide a formal mentoring structure to enable your graduates to achieve a period of 12 months under supervision. (Please refer to the Yoga Australia Mentoring Guidelines for more information).
- Your training course should generally have a minimum of 70% contact hours (face-to-face teaching) with any non-contact hours to be recorded by the student in a journal or equivalent, for which compliance is assessed as part of the

course.

(Yoga Australia recognises, however, that some distance learning courses may, by necessity, have less contact hours than those indicated above. Such courses are generally required to have substantial mentoring and home learning components. If your course is delivered by distance learning, a lower proportion of contact hours may be agreed by the committee, providing that all non-contact training hours are recorded by the student and appropriately assessed as part of the course. Ideally, courses with substantial non-contact hours will require the student to work with a local mentor/teacher who can supervise their distance learning, reporting back to the course provider or director.)

- If your training course is delivered face-to-face in multiple locations (e.g.: around the country), the principal trainer in each location must be a Level 3 Senior member of Yoga Australia, unless otherwise approved by the committee. Each separate location in which the training course is delivered must be described in your application along with sufficient detail for Yoga Australia to be satisfied of the quality and delivery of the course and principal trainers in each location.
- Your training course must be a “dedicated” yoga teacher training course. This means that the entire course curriculum, content and delivery is documented and delivered as a yoga teacher training course, and not

achieved by your teacher trainees making up curriculum hours by attending general yoga classes unless training based on these is an integral part of the supervised training curriculum. You may need to provide a timetable of actual teacher training time with your course outline to satisfy the committee of this. (Attendance by a small number of other senior students at some of the advanced training sessions within your course is not necessarily precluded).

- If you also deliver a 200 hour teacher training course (in addition to your 350 hour or longer courses), Yoga Australia will consider also registering your 200 hour course on the following conditions:
  - \*the 200 hour course meets the minimum requirements of Provisional membership in each of the Yoga Australia curriculum areas.
  - \*the 200 hour course articulates into the 350 hour or longer course, allowing your teacher trainees to achieve 350 hours of training within the 3 year Provisional membership period.
  - \*you provide all the necessary mentoring and support to ensure that your teacher trainees receive at least 12 months of teacher training under supervision.
  - \*in every other respect your 200 hour course meets Yoga Australia Provisional membership requirements and is of a high standard.Registration of your 200+ hour course will incur an additional fee.

# Guidelines for registration of a Yoga Teacher Training Course

## Summary of Curriculum Areas and Associated Hours

<b>Basic Knowledge</b>	Familiarity and broad overview of the central essence of a subject and the ability to ascertain when further knowledge is required.
<b>Knowledge</b>	A broad knowledge of a subject including an awareness of its relevance to, and/or potential use in, the practice of yoga teaching.
<b>In-Depth Knowledge</b>	A comprehensive knowledge of a subject and its applications and limitations in the practice of yoga teaching.
<b>Demonstrated Ability</b>	A demonstrated ability to apply knowledge to undertake tasks associated with the work of yoga teaching.

Curriculum Area	Competency	Minimum Hours
<b>Section 1 – Anatomy and Physiology</b>	<ul style="list-style-type: none"> <li>Structural anatomy</li> <li>Functional physiology</li> <li>Mind-body inter-relationship</li> </ul>	<b>Provisional</b> – 30 hours <b>Level 1</b> – 30 hours <b>Level 2</b> – 50 hours <b>Level 3</b> – 90 hours
<b>Section 2 – Yoga Physiology</b>	<ul style="list-style-type: none"> <li>Yogic framework and subtle systems</li> </ul>	<b>Provisional</b> – 5 hours <b>Level 1</b> – 20 hours <b>Level 2</b> – 30 hours <b>Level 3</b> – 50 hours
<b>Section 3 – Philosophy, Ethics and Lifestyle</b>	<ul style="list-style-type: none"> <li>Yoga philosophies and history</li> <li>Yogic lifestyle</li> <li>Ethics and code of professional conduct in</li> <li>Role of continuing professional development (CPD)</li> <li>Business practices</li> <li>Yoga teaching professions association of peers</li> </ul>	<b>Provisional</b> – 30 hours <b>Level 1</b> – 50 hours <b>Level 2</b> – 70 hours <b>Level 3</b> – 100 hours
<b>Section 4 - Techniques</b>	<ul style="list-style-type: none"> <li>Principles of yoga practices or techniques according to the chosen style or tradition</li> </ul>	<b>Provisional</b> – 100 hours <b>Level 1</b> – 150 hours <b>Level 2</b> – 200 hours <b>Level 3</b> – 300 hours
<b>Section 5 – Teaching Methodology</b>	<ul style="list-style-type: none"> <li>Teaching methodologies appropriate to the teaching of yoga</li> <li>Apply good teaching methodologies in the teaching of yoga</li> </ul>	<b>Provisional</b> – 30 hours <b>Level 1</b> – 30 hours <b>Level 2</b> – 50 hours <b>Level 3</b> – 90 hours

<b>Section 6 - Integrative Practice and Teaching (Practicum)</b>	Plan and develop yoga classes	<b>Provisional</b> – 10 hours <b>Level 1</b> – 40 hours <b>Level 2</b> – 50 hours <b>Level 3</b> – 70 hours
<b>Section 7 - Remaining Hours/ Specialties</b>	May include one or more electives or areas 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.  OR  these remaining hours may be distributed among the categories above	Provisional – Nil <b>Level 1</b> – 25 hours <b>Level 2</b> – 45 hours <b>Level 3</b> – 295 hours

\* Training needs to have an average of 70% contact hours across all levels of membership and curriculum categories. Contact hours include face to face instruction with trainers/teachers; real-time, interactive electronic methods (such as webinars where students can directly engage the teacher) and face to face supervision/mentoring of practicum.

# Guidelines for registration of a Yoga Teacher Training Course

## Competencies Profile

### Section 1 - Anatomy and Physiology

**Provisional** – 30 hours (Minimum of 5 hours must be spent applying A and P to yoga teaching)

**Level 1** – 30 hours (Minimum of 5 hours must be spent applying A and P to yoga teaching)

**Level 2** – 50 hours (Minimum of 10 hours must be spent applying A and P to yoga teaching)

**Level 3** – 90 hours (Minimum of 20 hours must be spent applying A and P to yoga teaching)

### Section 1- Anatomy and Physiology

Competency	Membership Level	Description
Structural anatomy	Provisional	<ul style="list-style-type: none"> <li>• Basic knowledge of the circulatory, immune, reproductive, digestive, endocrine and nervous systems of the body in relation to the principles and practices of yoga</li> <li>• Basic Knowledge of musculoskeletal and respiratory systems of the body in relation to the principles and practices of yoga</li> <li>• Basic knowledge of human movement</li> </ul>
	Level 1	<ul style="list-style-type: none"> <li>• Knowledge of the circulatory, immune, reproductive, digestive, endocrine and nervous systems of the body in relation to the principles and practices of yoga</li> <li>• Knowledge of musculoskeletal and respiratory systems of the body in relation to the principles and practices of yoga</li> <li>• Knowledge of human movement</li> </ul>
	Level 2	<ul style="list-style-type: none"> <li>• An in-depth knowledge of the circulatory, immune, reproductive, digestive, endocrine and nervous systems of the body in relation to the principles and practices of yoga</li> <li>• An in-depth kknowledge of musculoskeletal and respiratory systems of the body in relation to the principles and practices of yoga</li> <li>• An in-depth knowledge of human movement</li> </ul>
	Level 3	<ul style="list-style-type: none"> <li>• An in-depth knowledge of the circulatory, immune, reproductive, digestive, endocrine and nervous systems of the body in relation to the principles and practices of yoga</li> <li>• An in-depth kknowledge of musculoskeletal and respiratory systems of the body in relation to the principles and practices of yoga</li> <li>• An in-depth knowledge of human movement</li> </ul>



<b>Functional physiology</b>	<b>Provisional</b>	<ul style="list-style-type: none"> <li>• Basic knowledge of metabolism</li> <li>• Basic knowledge of the functional inter-relationship between the nervous, respiratory and musculoskeletal systems</li> <li>• Basic knowledge of life-stages and common conditions in relation to the principles and practice of yoga</li> </ul>
	<b>Level 1</b>	<ul style="list-style-type: none"> <li>• Knowledge of the circulatory, immune, reproductive, digestive, endocrine and nervous systems of the body in relation to the principles and practices of yoga</li> <li>• Knowledge of musculoskeletal and respiratory systems of the body in relation to the principles and practices of yoga</li> <li>• Knowledge of human movement</li> </ul>
	<b>Level 2</b>	<ul style="list-style-type: none"> <li>• An in-depth knowledge of the circulatory, immune, reproductive, digestive, endocrine and nervous systems of the body in relation to the principles and practices of yoga</li> <li>• An in-depth knowledge of musculoskeletal and respiratory systems of the body in relation to the principles and practices of yoga</li> <li>• An in-depth knowledge of human movement</li> </ul>
	<b>Level 3</b>	<ul style="list-style-type: none"> <li>• A demonstrated ability to apply an in-depth knowledge of the major nadis</li> <li>• A demonstrated ability to apply an in-depth knowledge of the 7 main chakras</li> <li>• A demonstrated ability to apply an in-depth knowledge of the pancha koshas</li> <li>• A demonstrated ability to apply an in-depth knowledge of the gunas</li> <li>• A demonstrated ability to apply an in-depth knowledge of the pancha vayus</li> </ul>
<b>Mind-body inter-relationship</b>	<b>Provisional</b>	<ul style="list-style-type: none"> <li>• Basic knowledge of the mind body interrelationship</li> </ul>
	<b>Level 1</b>	<ul style="list-style-type: none"> <li>• Knowledge of the mind body interrelationship</li> </ul>
	<b>Level 2</b>	<ul style="list-style-type: none"> <li>• An in-depth knowledge of the mind body interrelationship</li> </ul>
	<b>Level 3</b>	<ul style="list-style-type: none"> <li>• A demonstrated ability to apply an in-depth knowledge of the mind body interrelationship</li> </ul>

# Guidelines for registration of a Yoga Teacher Training Course

## Section 2 - Anatomy and Physiology

**Provisional** – 5 hours must be spent on yogic physiology

**Level 1** – 20 hours

**Level 2** – 30 hours

**Level 3** – 50 hours

Competency	Membership Level	Description
Yogic framework and subtle systems	Provisional	<ul style="list-style-type: none"> <li>• Basic knowledge of the major nadis</li> <li>• Basic knowledge of the 7 main chakras</li> <li>• Basic knowledge of the pancha koshas</li> <li>• Basic Knowledge of the gunas</li> <li>• Basic Knowledge of the pancha vayus</li> </ul>
	Level 1	<ul style="list-style-type: none"> <li>• Knowledge of the major nadis</li> <li>• Knowledge of the 7 main chakras</li> <li>• Knowledge of the pancha koshas</li> <li>• Knowledge of the gunas</li> <li>• Knowledge of the pancha vayus</li> </ul>
	Level 2	<ul style="list-style-type: none"> <li>• In-depth knowledge of the major nadis</li> <li>• In-depth knowledge of the 7 main chakras</li> <li>• In-depth knowledge of the pancha koshas</li> <li>• In-depth knowledge of the gunas</li> <li>• In-depth knowledge of the pancha vayus</li> </ul>
	Level 3	<ul style="list-style-type: none"> <li>• A demonstrated ability to apply an in-depth knowledge of the major nadis</li> <li>• A demonstrated ability to apply an in-depth knowledge of the 7 main chakras</li> <li>• A demonstrated ability to apply an in-depth knowledge of the pancha koshas</li> <li>• A demonstrated ability to apply an in-depth knowledge of the gunas</li> <li>• A demonstrated ability to apply an in-depth knowledge of the pancha vayus</li> </ul>

## Section 3 – Philosophy, Ethics and Lifestyle

**Provisional** – 30 hours (Minimum 20 hours philosophy and 2 hours ethics)

**Level 1** – 50 hours (Minimum 30 hours philosophy)

**Level 2** – 70 hours (Minimum 50 hours philosophy)

**Level 3** – 100 hours (Minimum 80 hours philosophy)

Competency	Membership Level	Description
Yoga philosophies and history	Provisional	<ul style="list-style-type: none"> <li>• Basic knowledge of the history of yoga</li> <li>• Basic knowledge of the paths of yoga</li> <li>• Basic knowledge of the yogic cosmological concepts</li> <li>• Basic knowledge of the philosophical principles of the Yoga Sutras of Patanjali</li> <li>• Basic knowledge of the philosophical principles espoused in other yoga texts such as: the Bhagavad Gita, the Upanishads, the Hatha Yoga Pradipika</li> </ul>
	Level 1	<ul style="list-style-type: none"> <li>• Knowledge of the history of yoga</li> <li>• Knowledge of the paths of yoga</li> <li>• Knowledge of the yogic cosmological concepts</li> <li>• Knowledge of the philosophical principles of the Yoga Sutras of Patanjali</li> <li>• Knowledge of the philosophical principles espoused in other yoga texts such as: the Bhagavad Gita, the Upanishads, the Hatha, Yoga Pradipika</li> </ul>
	Level 2	<ul style="list-style-type: none"> <li>• In-depth knowledge of the history of yoga</li> <li>• In-depth knowledge of the paths of yoga</li> <li>• In-depth knowledge of the yogic cosmological concepts</li> <li>• In-depth knowledge of the philosophical principles of the Yoga Sutras of Patanjali</li> <li>• In-depth knowledge of the philosophical principles espoused in other yoga texts such as: the Bhagavad Gita, the Upanishads, the Hatha Yoga Pradipika</li> </ul>
	Level 3	<ul style="list-style-type: none"> <li>• A demonstrated ability to apply an in-depth knowledge of the history of yoga</li> <li>• A demonstrated ability to apply an in-depth knowledge of the paths of yoga</li> <li>• A demonstrated ability to apply an in-depth knowledge of the yogic cosmological concepts</li> <li>• A demonstrated ability to apply an in-depth knowledge of the philosophical principles of the Yoga Sutras of Patanjali</li> <li>• A demonstrated ability to apply an in-depth knowledge of the philosophical principles espoused in other yoga texts such as: the Bhagavad Gita, the Upanishads, the Hatha Yoga Pradipika</li> </ul>

## Section 4 – Techniques

**Provisional** – 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)

**Level 1** – 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)

**Level 2** – 200 hours (Minimums as for Level 1)

**Level 3** – 300 hours (Minimums as for Level 1)

Competency	Membership Level	Description
Principles of yoga practices or techniques according to the chosen style or tradition	Provisional	<ul style="list-style-type: none"> <li>• Basic knowledge of the textural history of yoga practices</li> <li>• Basic Knowledge of the benefits and contraindications of common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> <li>• Basic knowledge of the safe, effective and appropriate practice of common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> <li>• Basic knowledge of yama and niyama</li> <li>• Basic knowledge of Anatomy and Physiology to common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> </ul>
	Level 1	<ul style="list-style-type: none"> <li>• Knowledge of the textural history of yoga practices</li> <li>• Knowledge of the benefits and contraindications of common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> <li>• Knowledge of the safe, effective and appropriate practice of common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> <li>• Knowledge of yama and niyama</li> <li>• Knowledge of Anatomy and Physiology to common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> </ul>
	Level 2	<ul style="list-style-type: none"> <li>• In depth knowledge of the textural history of yoga practices</li> <li>• In depth knowledge of the benefits and contraindications of common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> <li>• In depth knowledge of the safe, effective and appropriate practice of common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> <li>• In depth Knowledge of yama and niyama</li> <li>• In depth knowledge of Anatomy and Physiology to common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> </ul>

	<b>Level 3</b>	<ul style="list-style-type: none"> <li>• A demonstrated ability to apply an in-depth knowledge of the history of yoga</li> <li>• A demonstrated ability to apply an in-depth knowledge of the paths of yoga</li> <li>• A demonstrated ability to apply an in-depth knowledge of the yogic cosmological concepts</li> <li>• A demonstrated ability to apply an in-depth knowledge of the philosophical principles of the Yoga Sutras of Patanjali</li> <li>• A demonstrated ability to apply an in-depth knowledge of the philosophical principles espoused in other yoga texts such as: the Bhagavad Gita, the Upanishads, the Hatha Yoga Pradipika</li> </ul>
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## Section 5– Teaching Methodology

**Business Skills cannot be counted here\***

**Provisional** – 30 hours of which at least 10 hours must be specific to the teaching of yoga.

**Level 1** – 30 hours of which at least 20 hours must be specific to the teaching of yoga

**Level 2** – 50 hours of which at least 20 hours must be specific to the teaching of yoga

**Level 3** – 90 hours of which at least 40 hours must be specific to the teaching of yoga

Competency	Membership Level	Description
Teaching methodologies appropriate to the teaching of yoga	Provisional	<ul style="list-style-type: none"> <li>• A demonstrated ability to apply an in depth knowledge of the textural history of yoga practices</li> <li>• A demonstrated ability to apply an in depth knowledge of the benefits and contraindications of common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> <li>• A demonstrated ability to apply an in depth knowledge of the safe, effective and appropriate practice of common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> <li>• A demonstrated ability to apply an in depth Knowledge of yama and niyama</li> <li>• A demonstrated ability to apply an in depth knowledge of Anatomy and Physiology to common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> </ul>
	Level 1	<ul style="list-style-type: none"> <li>• Knowledge of communication and learning styles</li> <li>• Knowledge of effective observational skills when teaching groups of learners</li> <li>• Knowledge of specific teaching methodologies as may apply to the chosen style or tradition</li> <li>• Knowledge of interpersonal considerations such as: personal space and permission, cultural backgrounds</li> <li>• Knowledge of the principles of good teaching, demonstration and assisting, including verbal, visual and tactile methods</li> </ul>

	<b>Level 2</b>	<ul style="list-style-type: none"> <li>• In depth knowledge of communication and learning styles</li> <li>• In depth Knowledge of effective observational skills when teaching groups of learners</li> <li>• In depth knowledge of specific teaching methodologies as may apply to the chosen style or tradition</li> <li>• In depth knowledge of interpersonal considerations such as: personal space and permission, cultural backgrounds</li> <li>• In depth knowledge of the principles of good teaching, demonstration and assisting, including verbal, visual and tactile methods</li> </ul>
	<b>Level 3</b>	<ul style="list-style-type: none"> <li>• A demonstrated ability to apply an in depth knowledge of communication and learning styles</li> <li>• A demonstrated ability to apply an in depth Knowledge of effective observational skills when teaching groups of learners</li> <li>• A demonstrated ability to apply an in depth knowledge of specific teaching methodologies as may apply to the chosen style or tradition</li> <li>• A demonstrated ability to apply an in depth knowledge of interpersonal considerations such as: personal space and permission, cultural backgrounds</li> <li>• A demonstrated ability to apply an in depth knowledge of the principles of good teaching, demonstration and assisting, including verbal, visual and tactile methods</li> </ul>

## Section 6– Integrative Practice and Teaching (Practicum)

**Provisional** – 10 hours

**Level 1** – 40 hours

**Level 2** – 50 hours

**Level 3** – 70 hours

Competency	Membership Level	Description
<b>Plan and develop yoga classes</b>	<b>Provisional</b>	<ul style="list-style-type: none"> <li>• Basic knowledge to undertake a student intake, including eliciting information regarding student needs and health conditions</li> <li>• Basic knowledge to plan and develop a yoga class or series of yoga classes according to the chosen style or tradition, taking into consideration student needs and health conditions A demonstrated ability to manage teacher 'self-care' in the teaching of yoga.</li> <li>• Basic knowledge to manage teacher 'self-care' in the teaching of yoga</li> <li>• Basic knowledge to receive and act upon student feedback</li> <li>• Basic knowledge of the role of supervision or mentoring while undertaking practicum</li> <li>• Basic knowledge to engage with a supervisor or mentor while undertaking practicum</li> </ul>

	<b>Level 1</b>	<ul style="list-style-type: none"> <li>• Basic knowledge of regulatory requirements in the conducting of a small business</li> <li>• Basic knowledge of insurance options for yoga teachers</li> <li>• Basic knowledge of ethical marketing</li> </ul>
	<b>Level 2</b>	<ul style="list-style-type: none"> <li>• Knowledge to undertake a student intake, including eliciting information regarding student needs and health conditions</li> <li>• Knowledge to plan and develop a yoga class or series of yoga classes according to the chosen style or tradition, taking into consideration student needs and health conditions A demonstrated ability to manage teacher 'self-care' in the teaching of yoga.</li> <li>• Knowledge to manage teacher 'self-care' in the teaching of yoga</li> <li>• Knowledge to receive and act upon student feedback</li> <li>• Knowledge of the role of supervision or mentoring while undertaking practicum</li> <li>• Knowledge to engage with a supervisor or mentor while undertaking practicum</li> </ul>
	<b>Level 3</b>	<ul style="list-style-type: none"> <li>• A demonstrated ability to apply an in depth knowledge to undertake a student intake, including eliciting information regarding student needs and health conditions</li> <li>• A demonstrated ability to apply an in depth knowledge to plan and develop a yoga class or series of yoga classes according to the chosen style or tradition, taking into consideration student needs and health conditions A demonstrated ability to manage teacher 'self-care' in the teaching of yoga.</li> <li>• A demonstrated ability to apply an in depth knowledge to manage teacher 'self-care' in the teaching of yoga</li> <li>• A demonstrated ability to apply an in depth knowledge to receive and act upon student feedback</li> <li>• A demonstrated ability to apply an in depth knowledge of the role of supervision or mentoring while undertaking practicum</li> <li>• A demonstrated ability to apply an in depth knowledge to engage with a supervisor or mentor while undertaking practicum</li> </ul>

# Guidelines for registration of a Yoga Teacher Training Course

## Section 7– Remaining Hours/ Specialties

**Provisional** – Nil

**Level 1** – 25 hours

**Level 2** – 45 hours-(Suggested 30 to 50 hours per modality of specialisation)

**Level 3** –295 hours (Suggested 30 to 50 hours per modality of specialisation)

Competency	Membership Level	Description
May include one or more electives or areas 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. OR these remaining hours may be distributed among the categories above	<b>Provisional</b>	Basic knowledge of specialty
	<b>Level 1</b>	Knowledge of specialty
	<b>Level 2</b>	In depth knowledge of specialty
	<b>Level 3</b>	A demonstrated ability to apply an in depth knowledge of specialty