

YOGA ASSOCIATION OF ALBERTA

REQUIRED DOCUMENTATION FOR YAA HATHA YOGA INITIAL CERTIFICATION

YAA-TTP STUDENTS

- Initial Certification Application Form with Fee Payment. Karma hours signed off by Senior Teacher or other non-profit organization (**Appendix G-1**).
- YAA Hatha Yoga Teacher Training Summary Spreadsheet signed by Senior Teacher (**Appendix G-2**).
- YAA Monthly Teacher Training Program Class Topics List: Year One and Year Two signed by Senior Teacher (**Appendix G-4**).
- YAA Hatha Yoga Teacher Training Assignment List signed by Senior Teacher (**Appendix G-6**).
- Senior Teacher Letter of Recommendation (**Appendix G-7**).
- Character Reference written by a friend, colleague, fellow yoga practitioner or yoga teacher, who has known the applicant for at least two years and who is willing to write a letter describing how the applicant's qualities / character benefit him / her as a yoga teacher.

OTHER TEACHER TRAINING PROGRAMS' CERTIFIED TEACHERS

- Initial Certification Application Form with Fee Payment (**Appendix G-1**).
- YAA Hatha Yoga Teacher Training Summary Spreadsheet signed by training teacher with training hours detailed in appropriate columns (**Appendix G-2**).
- YAA Monthly Teacher Training Program Class Topics List: Year One and Year Two, signed by training teacher, or details on equivalent completed program requirements (**Appendix G-4**).
- YAA Hatha Yoga Teacher Training Assignment List signed by training teacher. If assignments are not exactly as listed, please provide a list of assignments completed. (**Appendix G-6**).
- Senior Teacher Letter of Recommendation (**Appendix G-7**).
- Character Reference written by a friend, colleague, fellow yoga practitioner or yoga teacher, who has known the applicant for at least two years and who is willing to write a letter describing how the applicant's qualities / character benefit him / her as a yoga teacher.
- Hatha Yoga Teacher Certificate from non-YAA Teacher Training Program.
- Proof of at least 2 years of recent formal classes in hatha yoga prior to entering a non-YAA Teacher Training Program.
- Submit a record of all your teaching / employment hours as well as a record of all of the classes and workshops you have taken since your initial teacher training certification, if applicable. Please use the Recertification worksheets for this purpose. (Appendix H-2 & H-3.)

YOGA ASSOCIATION OF ALBERTA
11759 Groat Road, Edmonton AB T5M 3K6
Phone: 780.427.8776; Fax: 780.422.2663; email: yaa@yoga.ca

**YAA HATHA YOGA TEACHER
INITIAL CERTIFICATION APPLICATION FORM**

* Applicants must maintain YAA membership and be in good standing (\$25/yr). *

* Applications must be received approximately 6 weeks before Executive Meeting or AGM. Check *Yoga Bridge* Calendar of Events for due dates. *

* INCOMPLETE FORMS WILL BE RETURNED *

Name: _____	E-mail Address: _____
Address: _____	
City/Province: _____	Postal Code: _____
Phone Number: (Home) _____	(Work) _____

Submit Initial Certification Application Form and Documentation with Fee Payment (**\$75 Certification Fee; Late fee \$25: with special permission only**).

- Hatha Yoga Teacher Training Summary Spreadsheet,
- Monthly Teacher Training Class Topics List: Year One and Year Two,
- Teacher Training Assignment List,
- Senior Teacher Letter of Recommendation,
- Character Reference Letter,
- Karma yoga requirement (service to the YAA or yoga community or to another non-profit, charitable organization).

I (print name of administrator or official), _____, certify that the above-named applicant has completed a minimum of 10 hours of karma yoga for _____ (name of charitable organization).

Signature: _____

Non-YAA TTP only, add the following documentation:

- Hatha Yoga Teacher Certificate from other Teacher Training Program,
- Proof of at least 2 years of recent formal classes in hatha yoga prior to entering Teacher Training Program.

Please be advised that any applicant may be subject to an audit of submitted documentation at anytime.

Signature of Applicant: _____ Date: _____

YOGA ASSOCIATION OF ALBERTA

YAA HATHA YOGA TEACHER TRAINING SUMMARY SPEADSHEET GUIDELINES

To be considered for YAA Certification, a student must have successfully completed the requirements and have accurately and completely documented them on the YAA Hatha Yoga Teacher Training Summary Spreadsheet.

When filling out the YAA Hatha Yoga Teacher Training Summary Spreadsheet, refer to the following guidelines for an explanation as to what hours are to be put under what columns. This form can also be downloaded as an Excel Spreadsheet or as a pdf file from www.yoga.ca/beateacher.htm (use as many sheets as needed).

Column 1: **Date** - Date of workshops or weekly classes.

Column 2: **Description of workshops or weekly classes** – Title and description, if the title does not specify the nature of what is being taught / practiced (e.g. asana, pranayama, meditation, etc.).

Column 3: **Instructor** – Both first and surname of the instructor or instructors.

Column 4: **Weekly Hatha Yoga Classes with Senior / Intermediate Teacher** – Number of hours of attendance (minimum **100 hours**) in regular weekly hatha yoga classes taught by Senior Teacher(s) and / or Intermediate Teacher(s). (Please see Appendix A – Definition of Hatha Yoga, and Appendix C – Asana / Pranayama Required Practices.)

Please note: Weekly classroom hours cannot be credited to Workshop Hours, Column 5.

Column 5: **Hatha Yoga Workshops & Retreats** – Number of hours of attendance (minimum **100 hours**) in hatha yoga workshops in the following areas:

- **International Hatha Yoga Teacher Workshops** - Minimum of 3 complete weekend-long workshops (10 or more hours) given by different international teachers who are not local to your community.

The designation "international teacher" refers to an instructor who has been invited to give a workshop and is not local or near to the community hosting that workshop. This teacher is recognized within his / her chosen yoga tradition as having a level of expertise beyond that of the senior instructors local to that community. In this way students can be exposed to different styles, directions and expertise beyond the level in their community.

If an international teacher workshop is longer than 10 hours, the hours spent over and above the 10 required hours can be put under any other category that is appropriate.

If an international teacher workshop is longer than 10 hours; is primarily on another aspect of yoga other than hatha yoga (e.g. yoga nidra, philosophy), but has a component of hatha yoga in it; and is attended by a student who has already fulfilled the hatha yoga workshop hours, a student can receive credit for this workshop as an international teacher workshop.

- **YAA TTP Scheduled Retreats** - The YAA provides specialized time for learning teaching skills and for practice teaching in a retreat situation. YAA TTP students are required to attend a minimum of three retreats during their training for which they can receive credit for the number of hours in training during the retreat.
- **YAA Hatha Yoga Workshops** provided in your local area given by YAA-recognized teachers. *Please note: Workshop Hours can be credited to Mandatory Classes (columns 6 – 11), but not to Weekly Hatha Yoga Classes (column 4).*

- **YAA Monthly Teacher Training Program Classes** – Hours can be credited under Hatha Yoga Workshops (column 5) or under Mandatory Classes (columns 6-11), where applicable.

Columns 6 to 11: 100 hours Mandatory Classes and / or Workshops in related areas:

- Column 6: **10 hours of Anatomy and Physiology** - This is the minimum requirement and is designed to initiate the study of anatomy for yoga teaching purposes. Upon completion of the Teacher Training Program, the student must have a working knowledge of the basic anatomy of the body including the major muscle groups and their movements, the skeletal system and joints, and the internal organs and their basic functions. (Students should make a formal application to the TTP Coordinator to obtain advanced credit for previous coursework.)
- Column 7: **15 hours of Yoga Philosophy and Related Psychology** - Attendance at monthly TTP classes or specialized workshops can be credited toward these hours.
- Column 8: **15 hours of Breath Awareness** - Attendance at monthly TTP classes or specialized workshops can be credited toward these hours.
- Column 9: **10 hours Study of Meditation** - Attendance at monthly TTP classes or specialized workshops can be credited toward these hours.
- Column 10: **10 hours of Special Needs and Therapeutic Application of Yoga** - Some examples include: Multiple Sclerosis, handicapped, back problems, pregnancy, fibromyalgia, etc.
- Column 11: **Minimum 40 hours of Apprenticeship** - 35 hours of which includes: peer teaching (teaching other TTP students or teachers) which can be met in TTP retreats or TTP classes conducted by YAA Certified Senior Teachers; observation of Senior Teacher teaching; assisting Senior Teacher in a class; consultation with Senior Teacher about lesson plans, teaching / assisting and students. 5 hours of which must be teaching a class or portion of a class in a classroom setting under the supervision of your Senior Teacher. Apprenticeship is not met by class attendance only or by substitute teaching.

YOGA ASSOCIATION OF ALBERTA

YAA MONTHLY TEACHER TRAINING CLASS TOPICS:
YEAR ONE AND YEAR TWO

The Teacher Training Program Classes are held once a month, usually on Saturdays. The topics below are covered in the classes. The sequence of classes repeats every two years. These hours can be credited on the YAA Hatha Yoga Teacher Training Summary Spreadsheet under the Hatha Yoga Workshops and under any of the applicable Mandatory Class categories except for anatomy. You must submit this signed sheet with your application for certification once you have completed the program.

Note to Senior Teachers: By initialing beside each category, the Senior Teacher confirms that he / she has seen evidence that the student has satisfactorily completed each element in the first and second year. Students will be expected to verify to their Senior Teachers that they have completed each category by writing a few paragraphs summarizing the nature of the training.

At the start of each class, there is an introduction / review of diaphragmatic breathing. Note that there is no breath retention in any of these practices as these need more supervision.

Year One:

- ___ 1. **Theory:** Origins & History of Yoga
Asana: Standing Poses: *Tadasana, Utkatasana, Utthita Trikonasana, Virabhadrasana II, Parsvakonasana*
Pranayama: Diaphragmatic breathing; Respiratory system - anatomy
- ___ 2. **Theory:** Chakras: *Muladhara, Svadhisthana; Kundalini; Nadis: Susumna, Ida, Pingala*
Asana: Applied to theory topic
Pranayama: Diaphragmatic breathing – the art of inhalation and exhalation; how to teach it
- ___ 3. **Theory:** Yoga Sutras: *Pada One and Pada Two; emphasis on Niyamas in Pada II*
Asana: Seated Twists: *Pasasana, Marichyasana I & III, Bharadvajasana I & II*
Pranayama: Ujjayi stages I-IV – how to practice them
- ___ 4. **Theory:** Restorative Yoga
Asana: Restorative Poses: *Supta Baddha Konasana, Supta Virasana, Setu Bandha Sarvangasana, Sarvangasana, Viparita Karani*
Pranayama: Ujjayi stages I-IV – how to teach them
- ___ 5. **Theory:** Bhagavad Gita: History, general introduction
Asana: Balancings: *Vrksasana, Ardha Chandrasana, Garudasana, Adho Muka Vrksasana, Paripurna Navasana*
Pranayama: Ujjayi stages V-XIII – learn about these practices
- ___ 6. **Theory:** Scientific Basis of Yoga: breath - anatomy of the breath, energy and biofeedback
Inversions: *Sirsasana, Sarvangasana, Halasana, Adho Mukha Vrksasana,*
Pranayama: Viloma stages I & II – how to practice them
- ___ 7. **Theory:** Yoga Terms Definitions: *Gunas: Raga, Satva, Tamas*
Asana: Backbends: *Urdhva Dhanurasana, Dwi Pada Viparita Dandasana, Eka Pada Rajakapotasana, Ustrasana*
Pranayama: Viloma stages III-IX – know about these practices

___ 8. **Theory:** Meditation and Mantra

Asana: Supine Poses: *Urdhva Prasarita Padasana, Supta Padangusthasana, Supta Virasana, Supta Baddha Konasana, Setu Bandha Sarvangasana*

Pranayama: *Viloma* stages I & II – how to teach them

Year Two:

___ 1. **Theory:** Basic Philosophy: different types of yoga (*hatha, jnana, karma, bhakti, raja*)

Asana: Standing Poses: *Parsvottanasana, Virabhadrasana I, Utthita Hasta Padangusthasana, Prasarita Padottanasana, Parighasana*

Pranayama: *Kapalabhati* stage I – how to practice & teach it; stages II - IV – know about these practices

___ 2. **Theory:** Chakras: Manipura, Anahata, Ajna, Sahasrara & review of the other 3 Chakras

Asana: Seated Poses: *Virasana, Baddha Konasana, Gomukhasana, Dandasana, Sukhasana, Padmasana, Janu Sirsasana, Malasana*

Pranayama: *Bhastrika* stage I – how to practice and teach it

___ 3. **Theory:** Yoga Sutras: Padas III and IV

Asana: Standing Twists: *Parivrtta Trikonasana, Parivrtta Parsvakonasana*

Pranayama: *Ujjayi* - stages I - IV review - how to apply & teach in asana practice

___ 4. **Theory:** Surya Namaskar: its many different forms of presentation and its tradition

Asana: Surya Namaskar

Pranayama: *Bhramari* – how to practice & teach it

___ 5. **Theory:** Bhagavad Gita: Themes

Asana: Backbends: *Bhujangasana, Dhanurasana, Salabhasana, Urdhva Mukha Svanasana*

Pranayama: *Nadi Sodhana* stage Ia – learn it and practice without retention, with open nostrils

___ 6. **Theory:** Emotions and Their Connection to Body, Breath and Mind: *samskaras*

Asana: Restorative Poses: sequences for common complaints (menstruation, headache, colds, etc.)

Pranayama: *Nadi Sodhana* stage Ib – how to practice it

___ 7. **Theory:** Mind and Consciousness; Meditation and Mantra: *Samyama*

Asana: Inversions and Variations: *Salamba Sirsasana, Eka Pada Sarvangasana, Setu Bandha Sarvangasana, Adho Mukha Vrksasana*

Pranayama: *Nadi Sodhana* stages Ia & Ib – how to teach them

___ 8. **Theory:** Pranayama and Meditation and Benefits of Relaxation

Asana: Poses to Support Pranayama

Pranayama: *Pratiloma* – learn about this practice

I affirm that TTP student _____ has completed the above requirements.

SIGNED: _____ (Senior Teacher)

YOGA ASSOCIATION OF ALBERTA

YAA HATHA YOGA TEACHER TRAINING ASSIGNMENTS

Over the course of the program and in consultation with their Senior Teacher, YAA Teacher Training students are expected to read as many books from the Reading List (Appendix D) as they can, and in so doing cover the many different aspects of yoga. The following Assignment Checklist outlines the assignment requirements.

Note: If completed assignments were not exactly as outlined below, please provide a list of assignments completed.

Assignment Checklist:

A) Three book reports:

_____ **Minimum of one** from the Required List of books (Appendix D)

_____ **Maximum of two** from the Recommended List (Appendix D)

B) Papers:

_____ Brief synopsis of Patanjali's 8-fold path.

_____ In light of your reading of Patanjali's Yoga Sutras, identify the central point or focus of each of the four Padas (chapters). Feel free to refer to introductory comments of the translator / commentator from your chosen source, but document any ideas that aren't your own.

_____ Definitions of Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Kriyas, Chakras and the Gunas.

_____ Outline of the content and significance of the Bhagavad Gita.

_____ Describe 5 of the main, simple special needs problems you might encounter in a beginner's class. Choose one of those special needs areas and describe five supportive, related asanas for that need (or area).

_____ Define Kundalini and name the 3 central *nadis* of the body and their connection to the Kundalini.

_____ YAA Monthly Teacher Training Class Topics Summaries (Appendix G-4).

I affirm that TTP student _____ has completed the above requirements.

SIGNED: _____ Date: _____
(Senior Teacher)

YOGA ASSOCIATION OF ALBERTA
SENIOR TEACHER LETTER OF RECOMMENDATION

As a Senior Teacher for a student in a Hatha Yoga Teacher Training Program, please provide the following information in your letter of recommendation for YAA Teacher Certification (to be completed after student has completed all Teacher Training Program requirements):

- A character reference for the student - how long have you known him / her and how well do you know him / her?
- A record of the time the student has been involved in your classes and in yoga practice.
- An assessment of the student's knowledge of the yoga *asanas* as outlined in the YAA Hatha Yoga Teacher Training Program (see Appendix C).
- An assessment of the student's teaching capabilities. Are you confident that this person can teach and is ready to conduct a class?
- Any comments or reservations that you think are relevant or might assist us in awarding a certificate.

Please note that the information you supply will be treated in strict confidence. Send the letter directly to the YAA office at the address below:

Yoga Association of Alberta
11759 Groat Road
Edmonton AB T5M 3K6
Phone: 780.427.8776
Fax: 780.422.2663
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