

**YOGA ASSOCIATION OF ALBERTA
11759 Groat Road, Edmonton AB T5M 3K6**

Phone: 780.427.8776; Fax: 780.422.2663; email: yaa@yoga.ca

**APPLICATION FOR YAA CERTIFIED
INTERMEDIATE TEACHER STATUS**

The YAA's definition of an Intermediate Teacher is a person teaches weekly hatha yoga classes that YAA Teacher Training Program students are able to attend in order to meet the 100 hour weekly hatha yoga classes requirement; and

- a. who is an active member of the yoga community,
- b. who has YAA Hatha Yoga Certification or its equivalency (for non-YAA TTP only), and
- c. who has long-standing experience as teacher and practitioner with:
 - i. 10 or more years of on-going learning and practice of hatha yoga, including
 - ii. 6 years or more of on-going teaching experience as a certified hatha yoga teacher, and
- d. who works with the TTP student's chosen YAA Certified Senior Teacher or who works with a non-YAA TTP student's chosen Senior Teacher.

Please ensure that you are familiar with the *YAA Hatha Yoga Teacher Training Syllabus and Guidelines and Hatha Yoga Teacher Certification Requirements and Guidelines*, which can be downloaded and printed from the YAA website: <http://www.yoga.ca/beateacher.htm>

NAME: _____ AGE: _____

ADDRESS: _____ CITY/PROV.: _____ PC: _____

PHONE: (H) _____ (W) _____ E-mail: _____

You have been certified with the YAA since _____. (This information is available from the YAA office; minimum 6 years). If you also have 10 or more years of on-going learning and practice of hatha yoga and would like to apply for recognition as a YAA Intermediate Certified teacher, please complete the following questions and return to the YAA office.

1. In what year did you first start taking hatha yoga classes in a formal setting?

2. Give a synopsis of the history of your yoga practice before you took your teacher training program. Give specific details such as workshop titles and instructors and names of weekly class teachers.

3. Describe the nature of your present yoga practice. (e.g. Tradition, style, types of practices, areas of interest, expertise). (*Use the back of this page if you need it.*)

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4. Briefly describe the weekly hatha yoga classes that you teach.

5. Are you willing to work with the TTP student chosen YAA Certified Senior Teacher? _____

By signing below, I affirm that the information I have provided in this application is accurate to the best of my knowledge and that I do wish to be recognized as a YAA Certified Intermediate Teacher:

Applicant's Signature: _____ Date: _____

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**APPLICATION FOR YAA CERTIFIED
SENIOR TEACHER STATUS**

The YAA’s definition of a Senior Teacher is a person who trains hatha yoga practitioners to become teachers of hatha yoga; and

- a. who is an active teaching member of the yoga community,
- b. who has YAA Hatha Yoga Certification or its equivalency (for non-YAA TTP only), and
- c. who has long-standing experience as teacher or practitioner with:
 - i. 20 or more years of on-going learning and practice of hatha yoga, including
 - ii. 10 or more years of on-going teaching experience as a certified hatha yoga teacher.

Please ensure that you are familiar with the *YAA Hatha Yoga Teacher Training Syllabus and Guidelines and Hatha Yoga Teacher Certification Requirements and Guidelines*, which can be downloaded and printed from the YAA website: <http://www.yoga.ca/beateacher.htm>

NAME: _____ AGE: _____

ADDRESS: _____ CITY/PROV.: _____ PC: _____

PHONE: (H) _____ (W) _____ E-mail: _____

You have been certified with the YAA since _____. (This information is available from the YAA office; minimum 10 years.). If you also have 20 or more years of on-going learning and practice of hatha yoga and would like to apply for recognition as a YAA Senior Hatha Yoga Certified teacher, please complete the following questions and return to the YAA office.

1. In what year did you first start taking hatha yoga classes in a formal setting?

3. Give a synopsis of the history of your yoga practice before you took your teacher training program. Give specific details such as workshop titles and instructors and names of weekly class teachers.

3. Describe the nature of your present yoga practice. (e.g. Tradition, style, types of practices, areas of interest, expertise). (Use the back of this page if you need it.)

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4. The YAA program includes the following requirements. Please check the subject areas you feel comfortable teaching. For those requirements that you do not check, please write beside them how you would have your student meet these requirements.

- _____ 100 hours of regular weekly asana classes including standing poses, sitting poses, twists, forward bends, supine poses, backbends, balancings, inversions, restorative poses,
- _____ Breath awareness : Pranayama including *Ujjayi*, all stages, *Viloma*, all stages, *Bhramari*, *Pratiloma*, *Kapalabhati*, *Bhastrika* and *Nadi Sodhana*
- _____ Meditation
- _____ Special needs and therapeutic application of yoga
- _____ Philosophy of yoga
- _____ Psychology of yoga
- _____ Anatomy and physiology for hatha yoga

5. Check which of the following Senior Teacher responsibilities you feel comfortable doing and are willing to do:

- _____ Reading and providing constructive feedback on 7 papers on yoga topics, some of which are Patanjali's 8-fold path, yoga sutras, types of yoga, Bhagavad Gita, Kundalini, Kriyas, Gunas, Chakras.
- _____ Reading and providing constructive feedback on 3 written book reports.
- _____ Providing 40 hours of apprenticeship for students under your tutelage, which are assigned as follows:
- _____ 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 a YAA Certified Senior Teacher. Apprenticeship is not met by class attendance only or by substitute teaching.
- _____ Maintaining guidance for and communication with the student over the course of his / her 2 year program
- _____ Ensuring that students meet all the criteria for certification BEFORE they send their applications in to the YAA.
- _____ Ensuring that you and your student READ AND ARE COMPLETELY FAMILIAR with the YAA *Hatha Yoga Teacher Training Syllabus and Guidelines and Hatha Yoga Certification Requirements and Guidelines*.

By signing below, I affirm that the information I have provided in this application is accurate to the best of my knowledge and that I do wish to be recognized as a YAA Certified Senior Teacher:

Applicant's Signature: _____ Date: _____