

Yoga Association of Alberta (YAA)

Hatha Yoga Teacher Training Syllabus and Guidelines

and

Hatha Yoga Teacher Certification Requirements and Guidelines

December, 2011

YOGA ASSOCIATION OF ALBERTA
Hatha Yoga Teacher Training Syllabus and Guidelines
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Hatha Yoga Teacher Certification Requirements and Guidelines

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SECTION I

INTRODUCTION

1. YAA Hatha Yoga Teacher Training Program and Certification Program

The Yoga Association of Alberta provides a Teacher Training Program in Hatha Yoga and a Certification Program in Hatha Yoga. See Appendix A – Definition of Hatha Yoga.

See Appendix B for the YAA Mission Statement and Code of Ethics and Guidelines for YAA Certified Teachers and YAA Members.

These Programs are funded in part by the Government of Alberta, Community Development for the residents of Alberta.

SECTION II

YAA HATHA YOGA TEACHER TRAINING PROGRAM

1. Description and Required Qualifications to Apply

The YAA offers a Senior Teacher mentorship / apprenticeship based teacher training program which requires a minimum of two years of training.

The YAA-TTP is geared to mature students who will take responsibility to complete the hours required and who have the time and finances to do so. The full cost of the program depends on the overall number of classes and workshops attended for which payment is made at the time of the classes and workshops. The approximate minimum cost is \$3000.00, the payment of which is spread over the time that the student is in the YAA Hatha Yoga Teacher Training Program.

In order to qualify for the YAA Hatha Yoga Teacher Training Program, the applicant:

- must be at least 18 years old
- must be a full member of the YAA
- must be an Alberta resident
- must provide a letter of introduction / recommendation from a yoga teacher (for details see Appendix F) with evidence of at least 2 years of recent formal classes in **hatha yoga** (see Appendix A for definition). Please note that workshops and classes taken prior to applying the YAA TTP are credited towards meeting the 2-year pre-requisite requirement and are not credited to meeting the TTP Certification requirements. The only exceptions are workshops and classes taken during the month prior to applying to the YAA Teacher Training Program, upon approval by the YAA Teacher Training and Certification Committee. A rural applicant without a full two years of recent attendance in formal hatha yoga classes must submit a letter proposing how he / she could upgrade to the 2-year requirement (e.g. weekend workshops, a week of classes in major centre / month, etc.).

- must be familiar with the following Level One required practices:

<i>Asana:</i>	<i>Tadasana</i>	<i>Dandasana</i>
	<i>Uttanasana</i>	<i>Paschimottanasana</i>
	<i>Virabhadrasana I and II</i>	<i>Janu Sirsasana</i>
	<i>Utthita Trikonasana</i>	<i>Supta Padangusthasana</i>
	<i>Adho Mukha Svanasana</i>	<i>Sukhasana</i>
	<i>Ardha Chandrasana</i>	<i>Savasana</i>
	<i>Parsvottanasana</i>	<i>Ustrasana</i>
	<i>Prasarita Padottanasana</i>	<i>Bhujangasana</i>
	<i>Vrksasana</i>	<i>Dhanurasana</i>
	<i>Utthita Parsvakonasana</i>	<i>Setu Bandhasana</i>
	<i>Padangusthasana</i>	<i>Salabhasana</i>
	<i>Utkatasana</i>	<i>Marichyasana I & III</i>
	<i>Parighasana</i>	<i>Pasasana</i>
	<i>Virasana</i>	<i>Bharadvajasana I</i>
	<i>Urdhva Prasarita Padasana</i>	<i>Salamba Sarvangasana</i>
	<i>Baddha Konasana</i>	<i>Viparita Karani</i>
	<i>Gomukhasana</i>	<i>Halasana</i>

Pranayama: complete breath
Ujjayi (stages 1,2,3, 4)
Viloma (stages 1 & 2)

2. Program Summary / Overview

By the end of the YAA Hatha Yoga Teacher Training Program (TTP), a student is required to have an understanding of Level One and Level Two Asana / Pranayama Required Practices (Appendix C) and is required to be able to teach them safely, in order to be eligible to apply for certification.

The hourly requirements (details Appendix G-3) for this Hatha Yoga Teacher Training 300-hour Program are:

- 100 hours of weekly Hatha Yoga classes with Senior Teacher
- 100 hours of Hatha Yoga Workshops including 3 International Teachers and 3 YAA-TTP Practice Teaching Retreats
- 10 hours of Anatomy and Physiology
- 15 hours of Psychology / Philosophy
- 15 hours of Breath Awareness
- 10 hours of Meditation
- 10 hours of Special Needs
- 40 hours of Apprenticeship.

In addition, a student is required to complete 10 written assignments (Appendix G-6).

Finally, a student is expected to do 10 hours of Karma Yoga (actions performed with yogic awareness and in service to others on a volunteer basis) for the YAA or for another non-profit or charitable organization.

The YAA recommends that TTP students and certified teachers take a CPR course.

The YAA Hatha Yoga Teacher Training Program may be completed in a **minimum** of 2 years providing the student fulfills all requirements (300 hours). If a TTP student is in the program for longer than 5 years, his / her status will be reviewed by the YAA Hatha Yoga Teacher Training and Certification Committee.

Props: In order to gain maximum benefit from classes, retreats and workshops, the following props are required: 1 sticky mat, 4 foam blocks, 1 strap, 2 blankets and 1 wood block. Bolster recommended.

Ultimately, fulfillment of the requirements of the YAA-TTP is the student's responsibility. That includes the responsibility to be familiar with every aspect of this document, and to make sure his / her Senior Teacher (and Intermediate Teacher, if applicable) is also aware of the requirements.

3. Registration and Administration Process

To Register: Contact the Yoga Association of Alberta office at:

Tel.: (780) 427-8776

Fax: (780) 427-0524

E-mail: yaa@yoga.ca

Website: <http://www.yoga.ca>

Fee:

- Registration fee: \$125.00 for administrative costs, photocopies and materials.
- Other fees must be paid by the TTP student to the organizer or teacher of the classes and workshops attended.

Administration Process:

- Submit Teacher Training Application Form (Appendix F-1) and fees to the YAA office. Include a letter of recommendation with evidence of at least 2 years of attendance in formal hatha yoga classes (see Appendix F for details). The processing of an application takes up to 4 weeks.
- Return the 'Senior Teacher Letter of Agreement' (Appendix F-2) and 'Intermediate Teacher Letter of Agreement' (Appendix F-3), if applicable, to the YAA Office within 4 months of acceptance into the program.
- Discuss schedule of classes, assignments, workshops and retreats with Senior Teacher.
- Provide a copy of the *YAA Hatha Yoga Teacher Training Syllabus and Guidelines and Hatha Yoga Certification Requirements and Guidelines* to the Senior Teacher (and Intermediate Teacher, if applicable) with whom you will be apprenticing and from whom you will be taking regular weekly classes.

Documentation: During participation in the program, document:

- i. hours of involvement in classes and workshops from the date of registration on the YAA Hatha Yoga Teacher Training Summary Spreadsheet (Appendix G-2),
- ii. summaries from the study of the YAA Monthly Teacher Training (Appendix G-5), and
- iii. completion of the YAA Hatha Yoga Teacher Training Assignments (Appendix G-6).

Tax Receipts:

- The YAA-TTP is tax deductible.
- Tax receipts will be issued for classes taken from the date of registration in the TTP. Some restrictions may apply.
- Collect receipts for fees paid for classes, workshops and retreats (**not props or books**), and submit originals and one photocopy of each receipt to YAA office. The original receipts will be returned along with a summary for Income Tax purposes.

- **All receipts must be received by the YAA office by January 31 of the year the tax return is filed. Receipts received after this date will be processed if time permits.**
- The YAA does not issue T2202 forms (Educational Amount Certificate).

Insurance: The YAA Hatha Yoga Teacher Training and Certification Committee does not endorse TTP students teaching in a formal setting without supervision before they are certified.

4. 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 (Appendix G-2) under the Hatha Yoga Workshops and under any of the applicable Mandatory Class categories except for anatomy. Students will be expected to verify to their Senior Teacher that they have completed each category required by writing a few paragraphs summarizing the nature of the training. Use the YAA Monthly Teacher Training Class Topics Summary Sheet (see Appendix G-5) – copy one for each month. Submit these summaries to your Senior Teacher. Have the YAA Monthly Teacher Training Class Topics List (Appendix G-4) signed by your Senior Teacher and submit with your application for certification.

Please bring the following props to each class: 1 sticky mat, 4 foam blocks, 1 strap, 2 blankets and 1 wood block. Bolster recommended. 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:

- Theory:** Origins & History of Yoga
Asana: Standing Poses: *Tadasana, Utkatasana, Utthita Trikonasana, Virabhadrasana II, Parsvakonasana*
Pranayama: Diaphragmatic breathing; Respiratory system - anatomy
- 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
- 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
- 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
- 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
- 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
- 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
- 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

5. YAA Hatha Yoga Teacher Training Assignments

Over the course of the program and in consultation with their Senior Teachers, 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. Submit your completed assignments to your Senior Teacher. When all assignments have been completed, have your Senior Teacher sign the YAA Hatha Yoga Teacher Training Assignments (Appendix G-6) and submit with your application for certification. The following Assignment Checklist outlines the assignment requirements.

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:

1. Brief synopsis of Patanjali's 8-fold path.
2. 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.
3. Definitions of Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Kriyas, Chakras and the Gunas.
4. Outline of the content and significance of the Bhagavad Gita.
5. 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).
6. Define Kundalini and name the 3 central *nadis* of the body and their connection to the Kundalini.
7. YAA Monthly Teacher Training Class Topics Summaries (Appendix G-5).

SECTION III

YAA HATHA YOGA TEACHER CERTIFICATION

1. Application Processing Procedure

An applicant must submit an application form and fee payment, with the required and accurately filled-out documentation, to the YAA Hatha Yoga Teacher Training and Certification Committee through the YAA office by due dates, which are posted in the *Yoga Bridge*, “Calendar of Events North and South” [approximately 6 weeks prior to a YAA Executive Meeting (January and September) or a YAA Annual General Meeting (March, April or May)]. When the YAA Hatha Yoga Teacher Training and Certification Program Coordinator confirms that all documentation and references are in order, she / he presents the application to the Committee for review. If the Committee approves the Coordinator’s assessment and recommendation that the applicant’s name be put forward for initial or recertification approval to the YAA Executive, the Coordinator then recommends to the YAA Executive that the applicant be initially certified or recertified as the case may be. Upon approval by the Executive, a YAA Hatha Yoga Teacher’s Certificate, valid for a 3-year period, is sent to the applicant.

NOTES:

1. In any case where the applicant is dissatisfied with certification decisions, an appeal for clarification and reevaluation may be directed to the Executive.
2. YAA Hatha Yoga Certified Teachers’ names, addresses and phone numbers will be entered into the YAA Teachers’ Directory and website only if a teacher submits a signed form giving permission that his / her name and contact information be listed. The YAA Office sends out this permission form to the teachers listed in the directory each year and each teacher has to submit this permission form in order to be listed in the directory each year.
3. Certification requirements are subject to review and change.
4. Teacher Certification: All certifications are contingent upon continued membership renewal in the YAA and are only valid as long as the applicant is a YAA member in good standing.

2. YAA Hatha Yoga Teacher Initial Certification for YAA TTP Students

Initial Hatha Yoga Teacher Certification with the YAA may be obtained by completing the YAA’s Hatha Yoga Teacher Training Program and by submitting an Initial Certification Application and supporting documentation to the YAA Hatha Yoga Teacher Training and Certification Committee for review and recommendation, which is then approved by the YAA Executive.

YAA TTP Initial Certification Application Required Documentation

Every applicant for Initial Certification must be a member of the YAA and must submit all of the following documentation:

1. Initial Certification Application Form (Appendix G-1) with fee payment.
2. YAA Hatha Yoga Teacher Training Summary Spreadsheet (Appendix G-2) signed by Senior Teacher.
3. YAA Monthly Teacher Training Class Topics List signed by Senior Teacher (Appendix G-4). Please note the Summary Sheets (Appendix G-5) are to be submitted to your Senior Teacher only.
4. YAA Hatha Yoga Teacher Training Assignment List signed by Senior Teacher (Appendix G-6).
5. A Letter of Recommendation from a Senior Teacher with whom the applicant has studied or apprenticed (Appendix G-7).

6. A Character Reference Letter 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.

3. YAA Hatha Yoga Teacher Initial Certification for Non-YAA Teacher Training Programs' Certified Teachers

The Yoga Association of Alberta only recognizes and certifies teacher training programs that provide systematic instruction first and foremost in the core body of asanas, then in the rudiments of pranayama and meditation, all supported by basic study of the textual background of hatha yoga.

The YAA recognizes that each particular tradition or school of hatha yoga approaches this training differently and prescribes only that all the requirements for certification, as detailed in the *YAA Hatha Yoga Teacher Training Syllabus and Guidelines and Hatha Yoga Teacher Certification Requirements and Guidelines*, be fulfilled in order for any particular training program's students to be recognized for YAA certification. If an applicant is missing any of the requirements, the applicant must be registered in the YAA Hatha Yoga Teacher Training Program while completing the missing requirements.

Please note that a **prerequisite of 2 years of regular hatha yoga practice in formal classes plus apprenticeship with an experienced Senior Teacher over a minimum of 2 years** are two of the defining requirements for completing the program and for recognizing a teacher's certification from a Non-YAA Teacher Training Program. An established personal practice and an apprenticeship take precedence over any short-term training.

YAA Hatha Yoga Teacher Certification may be obtained by submitting an Initial Certification Application and required supporting documentation to the YAA Hatha Yoga Teacher Training and Certification Committee for review and recommendation, which is then approved by the YAA Executive.

Non-YAA TTP Initial Certification Application Required Documentation

Every non-YAA TTP applicant must be a member of the YAA and must submit all of the following documentation:

1. Initial Certification Application Form (Appendix G-1) with fee payment.
2. YAA Hatha Yoga Teacher Training Summary Spreadsheet (Appendix G-2) signed by Senior Teacher. Non-YAA TTP students must fill out this form indicating what equivalent training they have had, if their teacher training program requirements do not match exactly the YAA Teacher Training Program's requirements.
3. YAA Monthly Teacher Training Class Topics List (Appendix G-4) signed by Senior Teacher. Even though non-YAA TTP students will not have attended these monthly classes, they must fill out this form as a confirmation that they have studied and understood the topics listed under the monthly yoga classes. **Note to Senior Teachers:** By initialing beside each category, Senior Teachers confirm that they have seen evidence that the student has satisfactorily completed each element in the first and second year.
4. YAA Hatha Yoga Teacher Training Assignment List (Appendix G-6) signed by Senior Teacher. Non-YAA TTP students must fill out this form as confirmation that they have done these assignments or if they have not done these assignments, they must submit a list of the assignments they have done.
5. A Letter of Recommendation from a Senior Teacher (see Section IV for definition) with whom the applicant has studied or apprenticed (Appendix G-7).
6. A Character Reference Letter 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.

7. A copy of current certificate.
8. A letter confirming 2 years of formal classes in hatha yoga prior to entering a non-YAA Hatha Yoga Teacher Training Program.

4. YAA Hatha Yoga Teacher Recertification

A YAA Certified Hatha Yoga Teacher must apply for recertification every three years in order to maintain his / her certification status.

YAA Hatha Yoga Teacher Recertification may be obtained by submitting a Recertification Application and required supporting documentation to the YAA Hatha Yoga Teacher Training and Certification Committee for review and recommendation, which is then approved by the YAA Executive.

YAA Hatha Yoga Teacher Recertification Application Required Documentation

Every applicant for Recertification must be a member of the YAA in good standing and must submit all of the following documentation:

1. Recertification Application Form (Appendix H-1) with fee payment.
2. A YAA Hatha Yoga Certified Teacher must submit a record of 300 hours of hatha yoga professional development in the following categories:
 - **WORKSHOPS / CLASSES:** An applicant must account for a minimum of 150 hours of participation as a student in HATHA YOGA WORKSHOPS / CLASSES WITHIN A THREE YEAR PERIOD. It is recommended that the workshops / classes are taught by senior international hatha yoga instructors or senior hatha yoga instructors (Appendix H-2).
 - **TEACHING HOURS:** An applicant must account for a minimum of 50 hours of teaching HATHA YOGA WITHIN A THREE YEAR PERIOD. If he / she has only 50-149 hours of teaching, then the additional required hours to make up the total of 300 hours can be made up through attendance in hatha yoga workshops / classes (Appendix H-3).

If an applicant has taught or attended workshops / classes over and above the required hours, the applicant records those hours as well in order that a complete profile of his / her professional development is in his / her YAA Certification file.

5. Requests for Extension

In extenuating circumstances, a YAA Certified Hatha Yoga Teacher may be considered for an extension of their Recertification period. If the extension required is more than one year, Provisional Certification may be granted for a maximum of two 3-year periods, where certification is maintained with less than required hours. Periods of extension and Provisional Certification are not counted towards Intermediate Teacher or Senior Teacher status.

To apply for an extension or Provisional Certification, submit all documentation and fees required for Recertification as detailed in the applicable section above, filled in with hours accumulated to date. Submit this documentation to the YAA office along with a letter to the Teacher Training and Certification Program Committee detailing your circumstances and your plan for obtaining your missing requirements, including the expected time frame. You will be notified in writing as to the decision of the Committee and the stipulations of your extension.

SECTION IV

SENIOR TEACHER / INTERMEDIATE TEACHER INFORMATION

1. Senior Teacher / Intermediate Teacher Guidelines

The YAA recognizes the abilities of many fine teachers in the yoga community. It is required that TTP students seek the guidance and training from a Senior Teacher. See Appendix I-1 & I-2 for a current list of YAA Certified Intermediate Teachers and Senior Teachers.

It is the student's responsibility to make sure that his / her Senior Teacher (and Intermediate Teacher, if applicable) receive a copy of the *Yoga Association of Alberta Hatha Yoga Teacher Training Syllabus and Guidelines and Hatha Yoga Teacher Certification Requirements and Guidelines*.

It is the responsibility of the Senior Teacher to guide the student as to how to fill out the documentation completely and correctly and to sign the documentation once it is filled out. As well, a student is expected to practice teach under the supervision of his / her Senior Teacher, who is responsible for recommending when his / her apprentice is ready to teach.

2. Characteristics and Definitions of Senior and Intermediate Teachers

- A. The Characteristics of a Senior Teacher (or Intermediate Teacher) are those of someone who:
- is a mature person with recognized training in hatha yoga (see below),
 - participates in continuous upgrading through workshops, classes and lectures,
 - exhibits a willingness to share extra time and supervision, and to communicate with his / her TTP student, and
 - communicates with the YAA Hatha Yoga Teacher Training and Certification Committee as necessary.
- B. Definitions of Senior and Intermediate Teachers:
1. A **Senior Teacher** is a person who trains hatha yoga practitioners to become teachers of hatha yoga in alignment with the training principles of the YAA; 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.
 2. An **Intermediate Teacher** is a person who 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),
 - 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.

3. A **YAA Certified Senior Teacher (or YAA Certified Intermediate Teacher)** is a person who meets the applicable requirements above and has submitted an Application for Intermediate or Senior Teacher Status (Appendix J-1 or J-2) which has been approved by the YAA Teacher Training and Certification Committee. YAA Certified Senior Teachers and YAA Certified Intermediate Teachers must maintain up-to-date YAA membership and recertification for this status to remain valid.

3. YAA Hatha Yoga Senior Teacher Recertification

After receiving Senior Teacher status, a YAA Certified Senior Teacher must apply for recertification every three years in order to maintain his / her certification status.

YAA Senior Teacher Recertification may be obtained by submitting a Senior Teacher Recertification Application and required supporting documentation to the YAA Hatha Yoga Teacher Training and Certification Committee for review and recommendation, which is then approved by the YAA Executive.

YAA Senior Teacher Recertification Application Required Documentation

Every applicant for Senior Teacher Recertification must be a member of the YAA in good standing and must submit all of the following documentation:

1. YAA Senior Teacher Recertification Application Form (Appendix K-1) with fee payment.
2. A YAA Certified Senior Teacher must submit a record of **300 hours of hatha yoga professional development** in the following categories:
 - **UPGRADING WORKSHOPS / CLASSES:** An applicant must account for **a minimum of 150 hours of formal upgrading, with a minimum of 50 hours of participation as a student in HATHA YOGA WORKSHOPS/ CLASSES WITHIN A THREE YEAR PERIOD** (Appendix K-2). It is recommended that the workshops / classes are taught by senior international hatha yoga instructors or senior hatha yoga instructors. If you have only 50-149 hours of workshops / classes attended because your practice has been more focused on self-directed study, you will be required to submit a short report detailing your current area of focus within the field of yoga, outlining your continued ongoing formal practices, studies, related readings, etc., with the approximate number of hours that you have dedicated to them. **The YAA recognizes YAA Certified Senior Teachers as dedicated and accomplished teacher-practitioners with 20 or more years of practice and 10 or more years of teaching. As such, learning and study in a formal way is expected to be ongoing within an established practice, even if the required hours of class instruction are reduced.**
 - **TEACHING HOURS:** An applicant must account for **a minimum of 50 hours of teaching HATHA YOGA WITHIN A THREE YEAR PERIOD** (Appendix K-3). If you have only 50-149 hours of teaching, then the additional required hours to make up the total of 300 hours can be made up through attendance in hatha yoga workshops / classes. Self-directed study hours may not be used as a substitute for teaching hours.

If an applicant has taught or attended workshops / classes over and above the required hours, the applicant records those hours as well in order that a complete profile of his / her professional development is in his / her YAA Certification file. If an applicant does not meet the minimum hourly requirements as outlined above, please see above Section III.5 – Requests for Extension.