

Yoga Association of Alberta (YAA)

Hatha Yoga Teacher Training Syllabus and Guidelines

and

Hatha Yoga Teacher Certification Requirements and Guidelines

November 2009

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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 / retreats attended for which payment is made at the time of the classes and workshops / retreats. 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 with evidence of at least 2 years of recent formal classes in **hatha yoga** (see Appendix A for definition). Please note that workshops, retreats, 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 / classes / retreats 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-2) 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 / 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 six written assignments (Appendix G-4). 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).

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 Training 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: yogaab@telusplanet.net

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

Fee:

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

Acceptance into the Program: The processing of an application takes up to 4 weeks.

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).
- Return the 'Senior Teacher Letter of Agreement' (Appendix F-2) and 'Training 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 Training 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 / retreats 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-3), and
- iii. completion of the YAA Hatha Yoga Teacher Training Assignments (Appendix G-4).

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 / Retreats 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 – copy one for each month. Submit these summaries to your Senior Teacher. Have the YAA Monthly Teacher Training Class Topics List (Appendix G-3) signed by your Senior Teacher and submit with your application for certification.

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

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-4) 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-3).

SECTION III

SENIOR TEACHER / TRAINING TEACHER INFORMATION

1. Senior Teacher / Training 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 E-1 & E-2 for a current list of YAA Certified Senior Teachers and Training Teachers.

It is the student's responsibility to make sure that his / her Senior Teacher (and Training 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 Training Teachers

- A. The Characteristics of a Senior Teacher (or Training 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 Training 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. A **Training 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 Training Teacher)** is a person who meets the applicable requirements above and has submitted an Application for Senior or Training Teacher Status (Appendix E-3 or E-4) which has been approved by the YAA Teacher Training and Certification Committee. YAA Certified Senior Teachers and Training Teachers must maintain up-to-date YAA membership and recertification for this status to remain valid.

SECTION IV

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 (Appendix G-2) signed by Senior Teacher.
3. YAA Monthly Teacher Training Class Topics List signed by Senior Teacher (Appendix G-3).
4. YAA Hatha Yoga Teacher Training Assignment List signed by Senior Teacher (Appendix G-4).
5. A Letter of Recommendation from a Senior Teacher with whom the applicant has studied or apprenticed (Appendix G-5).

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 (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-3) 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-4) 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 III for definition) with whom the applicant has studied or apprenticed (Appendix G-5).

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 / RETREATS / CLASSES:** An applicant must account for a minimum of 150 hours of participation as a student in HATHA YOGA WORKSHOPS / RETREATS / CLASSES WITHIN A THREE YEAR PERIOD. It is recommended that the workshops / retreats / 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 / retreats / classes (Appendix H-3).

If an applicant has taught or attended workshops / retreats / 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.

DEFINITION OF HATHA YOGA

HATHA YOGA, also called *hatha-vidya* (science of hatha), is a branch of yoga that historically refers to a "vast body of doctrines and practices geared toward Self-realization by means of perfecting the body" (Georg Feuerstein, *Encyclopedic Dictionary of Yoga* [EDY]). As such, hatha yoga sees the body itself as the primary vehicle for personal transformation. Its central practices include ritual techniques to purify the body and yogic postures (*asana*) and breath control practices (*pranayama*) to progressively culture and transform the body.

While all schools practise *asana* and *pranayama* while applying the *yamas* (moral principles) and *niyamas* (moral restraints), some contemporary schools of hatha yoga still retain a strong emphasis on the practice of purification techniques while others direct their teachings almost exclusively toward *asana* and *pranayama* as sufficient tools for mental and physical purification.

The literal meaning of the word "hatha" is "force" or "forceful," which derives from the intended difficulty and austerity of the practices. The word has further significance in that "its two component syllables, "ha" and "tha" are frequently explained as standing for the microcosmic "sun" (*surya*) and "moon" (*chandra*) respectively, while yoga is the "union" between these two principles." (EDY)

Hatha yoga is sometimes contrasted with *raja yoga* and *kriya yoga*; the former being directly associated with Patanjali's eightfold path (ashtanga yoga) as expounded in his Yoga Sutras. Many schools of hatha yoga adopt the higher stages of ashtanga yoga practice – concentration (*dharana*), meditation (*dhyana*) and absorption (*samadhi*) – and see the emphasis on practising the first five limbs (*yama* and *niyama*, *asana*, *pranayama* and *pratyahara* / sense withdrawal) as a stepping stone to *raja yoga*.

The teacher credited as its inventor is Goraksha (9th century C.E.). The two main texts that describe its principles and characteristics are the *Hatha-Yoga-Pradipika* (Light on Forceful Yoga) by Svatmarama (mid-14th century C.E.) and the *Gheranda Samhita* (Gheranda's Collection) by the sage Gheranda (late 17th century C.E.).

Among western practitioners hatha yoga is identified primarily with the yoga postures. All initial levels of teaching in hatha yoga concentrate first on asana practice, leading the student gradually toward breathing and meditation techniques.

**YOGA ASSOCIATION OF ALBERTA (YAA)
MISSION STATEMENT AND CODE OF ETHICS**

Mission Statement

The Yoga Association of Alberta is a non-profit organization that offers yoga activities to the public for the purpose of providing self-development opportunities. In order to develop yoga on a provincial level, the Association has representation from different regions of the province. This ensures that the Association can address the different needs of members through Alberta. The Association will establish the number of regions deemed appropriate from time to time to meet its goals. Initially, there will be three regions: Northern (Edmonton and north), Central and Southern (Calgary and south).

Code of Ethics

The Yoga Association of Alberta views its activities as promoting increased public knowledge and availability of yoga. All individuals in the association are encouraged to participate in these activities in an atmosphere of cooperation. The Code of Ethics as adopted at the 1979 annual meeting of the Association is:

- To treat others with dignity, respect and consideration of their circumstances
- To act in such a manner so as to maintain and honour the traditions of yoga
- To study, practice and expand the knowledge of yoga
- To improve the standards of yoga within the community

Guidelines for YAA Certified Teachers based on the above Code of Ethics

- Teachers receive a copy of the Code of Ethics and Guidelines with their YAA certification.
- Teachers support the YAA in carrying out its Mission, Goals and Role of the Association.
- Teachers adhere to the policies of the YAA.
- Teachers provide accurate information regarding their credentials and training.
- Teachers deepen their knowledge, keep up to date with new developments in yoga and maintain and improve their teaching skills. This is a requirement for both receiving recertification and for maintaining permanent certification.
- Teachers act with financial integrity.
- Teachers refrain from making exaggerated claims about the benefits of yoga.
- Teachers inform students of their personal yoga philosophy and style, and practise tolerance and acceptance of the views of others.
- Teachers do not malign other Yoga professionals.
- Teachers are respectful, compassionate and truthful with all practitioners of yoga – fellow students and teachers alike.

- Teachers do not discriminate against students based upon their race, religion, nationality, gender, sexual preference, age or physical ability (except in the interests of providing a yoga class suitable to the student's needs).
- Teachers unable to assist potential students will refer them to other teachers or to the YAA office.
- Teachers practise some form of karma yoga based upon their skills.

Guidelines for YAA Members based on the above Code of Ethics

- Members of the YAA should be aware of the Code of Ethics and Guidelines, which will be published annually in the Fall issue of the Yoga Bridge.
- Members of the YAA should adhere to the Code of Ethics on an honour basis.
- Members are aware of and support the Mission, Goals and Role of the YAA.
- Members adhere to the policies of the YAA.
- Members with suggestions or input may convey their ideas in writing to the YAA for consideration by the Executive.
- Members with specific concerns regarding the conduct of a YAA certified teacher can convey these specifics in writing to the YAA Executive.
- Members interested in becoming teachers should familiarize themselves with the YAA Teacher Training Syllabus.

ASANA / PRANAYAMA REQUIRED PRACTICES

Applicants considering entering the YAA Hatha Yoga Teacher Training Program must be familiar with the following Level One required practices. They comprise, along with Level Two Practices, the basis of study in the YAA Hatha Yoga Teacher Training Program.

Level One Asanas And Pranayama

Asanas:

<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 and 4) *
Viloma (stages 1&2) *

* See *Light on Yoga* , *Light on Pranayama*, *Yoga the Iyengar Way*, and *Yoga A Gem for Women*.

** Spellings for the above list have been taken from *Light on Yoga* by BKS Iyengar and may differ from other books.

Level Two Asanas And Pranayama

Asanas:

Parivrtta Trikonasana
Parivrtta Parsvakonasana
Utthita Hasta Padangusthasana
Garudasana
Urdhva Mukha Svanasana
Chaturanga Dandasana
Supta Virasana
Padmasana
Supta Baddha Konasana
Upavistha Konasana
Eka Pada Rajakapotasana

Paripurna Navasana
Urdhva Dhanurasana I
Dwi Pada Viparita Dandasana
Bharadvajasana II
Malasana
Marichyasana III
Salamba Sirsasana
Eka Pada Sarvangasana
Setu Bandha Sarvangasana
Adho Mukha Vrksasana

Asana Series:

Surya Namaskar

Pranayama:

*Ujjayi (stages 5 to *) **
*Viloma (stage 3) **

* See *Light on Yoga*, *Light on Pranayama*, *Yoga the Iyengar Way*, and *Yoga A Gem for Women*.

** Spellings for the above list have been taken from *Light on Yoga* by BKS Iyengar and may differ from other books.

By the end of their YAA Hatha Yoga Teacher Training Program students are required to have a working understanding of Level One and Level Two and be able to teach them safely in order to be eligible to apply for YAA Hatha Yoga Teacher Certification.

READING LIST

For YAA Hatha Yoga Teacher Training Program in Coordination with the Syllabus (subject to change).

I. REQUIRED (Minimum of one book report from this section.)

- T.K.V. Desikachar, *The Heart of Yoga, Developing a Personal Practice*
- B.K.S. Iyengar, *Light on Yoga*
- B.K.S. Iyengar, *Light on Pranayama*
- B.K.S. Iyengar, *The Tree of Yoga*
- Geeta S. Iyengar, *Yoga, A Gem for Women*
- Lucy Lidell with Narayani & Giris Rabinovitch, *Sivananda Companion to Yoga*
- Swami Rama, *Joints and Glands Exercise Book*
- Swami Rama, Rudolph Ballentine, MD., Alan Hymes, MD, *Science of Breath*
- Eric Schiffmann, *Moving Into Stillness*

ANATOMY: All teachers should know the basic skeletal system, the large and important muscles of the body, the main organs and their functions and have a general understanding of the joints and other systems of the body. One or more of the following sources are suggested for that purpose:

- Edward Alcamo, *Anatomy Colouring Book*
- Blandine Calais-Germain, *Anatomy of Movement*
- H. David Coulter, *Anatomy of Hatha Yoga*
- Wynn Kapit & Lawrence M. Elson, *The Anatomy Colouring Book*
- Elaine Marieb, *Human Anatomy & Physiology*
- Philip J. Rasch, ed., *Kinesiology and Applied Anatomy*
- Gerard J. Tortora, *Principles of Anatomy and Physiology*

YOGA SUTRAS OF PATAÑJALI: select from one of these recommended texts or choose one of your own with the approval of your Senior Teacher:

- Roy Eugene Davis, *Life Surrendered in God*
- T.K.V. Desikachar, *Reflections on Yoga Sutras of Patanjali*
- Georg Feuerstein, *The Yoga-Sutras of Patañjali*, trans. and commentary
- B.K.S. Iyengar, *Light on the Yoga Sutras of Patañjali*
- Barbara Stoller Miller, *Yoga: Discipline of Freedom*, trans. and commentary
- Swami Prabhavanda & Christopher Isherwood. *How to Know God*
- Rama Prasada, trans., *The Aphorisms of Yoga: Patañjali's Yoga Sutras*, with the Commentary of Vyasa & the Gloss of Vachaspati Misra
- Fernando Tola and Carmen Dregonetti, *The Yogasutras of Patañjali: On Concentration of Mind*, Part 1, 'Samadhi Pada', trans. K.D. Prithipaul

BHAGAVAD GITA: select from one of these recommended texts or choose one of your own with the approval of your Senior Teacher:

- Roy Eugene Davis, *The Eternal Way*, Translation of Bhagavad Gita
- Barbara Stoller Miller, *Bhagavad-Gita: Krishna's Council in Time of War*
- Swami Nikhilananda, trans., *The Bhagavad Gita, or Song of the Lord*
- Swami Prabhavananda and Christopher Isherwood, *The Song of God* (Bhagavad-Gita)
- S.Radhakrishnan, *The Bhagavad Gita*
- Swami Rama, *The Perennial Psychology of the Bhagavad Gita*
- Alladi Mahadeva Sastri, trans., *The Bhagavad Gita, with Text, Translation and Commentary by Sri Shankaracharya*
- Mitchell, Stephen, *Bhagavad Gita*

II. RECOMMENDED (Maximum of two book reports from this section)

PHILOSOPHY & PSYCHOLOGY (suggested editions):

Upanishads

- Juan Mascaro, *Upanishads*
- S. Radhakrishnan, trans. & ed., *The Principal Upanishads*
- Thomas Wyatt, *Upanishads*, trans. Juan Mascaro

Other notable complete multi-volume editions may be available through university or local libraries. See especially those by Max Müller and Joseph Campbell.

Other

- Mircea Eliade, *Yoga: Immortality and Freedom*, trans. Willard Trask
- Georg Feuerstein, *The Shambhala Encyclopedia of Yoga*
- Georg Feuerstein, *The Lost Teachings of Yoga* (Audio Book)
- B.K.S. Iyengar, *Light on Life*
- Jack Kornfield, *A Path with Heart, a Guide Through the Perils and Promises of Spiritual Life*
- Mira Mehta, *Yoga Explained*
- Swami Nikhilananda, *Vivekananda: the Yogas and Other Works*, includes Vivekananda's commentaries on Jñāna, Karma, Bhakti & Raja yoga, which are also available in separate books
- S. Radhakrishnan, *Indian Philosophy*, vol. 1 & 2
- Swami Rama, Rudolph Ballentine, M.D.Swami Ajaya, Allen Weinstock, PhD, *Yoga and psychotherapy: the evolution of consciousness*
- Swami Rama, *Lectures on Yoga*
- Shunryu Suzuki, *Zen Mind, Beginner's Mind*

The following multi-volume texts are available through university and public libraries: Max Müller, *The Six Systems of Indian Philosophy*; C.G. Jung, *Psychology and the East* included in *Complete Works*.

TEACHING RESOURCES

- Rajiv and Swati Chanchani, *Yoga for Children: A Complete Illustrated Guide to Yoga*
- Jean Couch, *The Runner's Yoga Book*
- George Feuerstein, *Sacred Paths*
- Sandra Jordan, *Yoga for Pregnancy*
- Judith Lasater, PhD, P.T., *Relax and Renew: Restful yoga for Stressful Times*
- Kit Laughlin, *Overcoming Neck and Back Pain*
- Mira Mehta, *How to Use Yoga*
- Silva, Mira & Shyam Mehta, *Yoga: The Iyengar Way*
- Christine Northrup MD, *Women's Bodies, Women's Wisdom*
- Ken O'Donnell, *Pathways to Higher Consciousness*
- Swami Radha, *Hatha Yoga: the Hidden Language*
- Vanda Scaravelli, *Awakening the Spine*
- Mary Pollig Schatz, M.D., *Back Care Basics*

AYURVEDA

- Dr. David Frawley, *Ayurvedic Healing*
- Dr. Vasant Lad, *The Science of Self-Healing*
- Dr. Robert Svoboda, *Prakriti, Your Ayurvedic Constitution*

**YAA CERTIFIED SENIOR TEACHERS
(Certified for > 10 years; Practicing yoga for > 20 years)**

<u>Name</u>	<u>Location</u>
Baker, Richard	Barrhead
Balog, Margo Maya	Edmonton
Checknita, Melanie	Edmonton
Cramer, Gisele	Edmonton
Dumont, Linda	Edmonton
Dunbar, Bonnie	Calgary
Dusel, Patty	Sherwood Park
Duxbury, Isa	Edmonton
Eastham, Barbara	Calgary
Eder, Carole	Edmonton
Erdmann Boyko, Chris	Sherwood Park
Eshpeter, Helen	Drayton Valley
Hyndman, Teddy	Edmonton
Jeong, Julie	Edmonton
Jobanputra, Manju	Calgary
Johannesen, Shirley Jayanta	Peachland
Jones, Melanie	Edmonton
Khattab, Friedel	Edmonton
Kilarski, Dawn	Camrose
Kitchen, Margot	Calgary
Krebs, Gerda	Sherwood Park
Kunimoto, Val	Lethbridge
Langenberg, Marcia	Edmonton
LeBlanc, Mary	Duffield
Lindner, Oda	Canmore
Maskey, Nora	Calgary
McAmmond, David	Calgary
McCann, Beth	Edmonton
Meyer, Elfriede	Edmonton
McFaul, George	Cochrane
Michielsen, Elisabeth	Courtenay
Mirus, Judith	Edmonton
Nash, Kathy	Calgary
Nash, Newton	Calgary
Nixey, Evelyn	Saskatoon
Radyo, Anna	Edmonton
Ross, Barbara	Calgary
Sielecki, Anita	Edmonton
Smith, Charlotte	Edmonton
Ursuliak, Zena	Edmonton
Vogel, Dariel	Westbank
Waschuk, Ann	Red Deer

**YAA CERTIFIED TRAINING TEACHERS
(Certified for > 6 years; Practicing yoga for > 10 years)**

Name

Location

Ackerman, Angie
Carline, Glenda
Cheshire, Pat
Hamdon, Karen
Irwin, Jeanne
King, Paula
Morgan, Jocelyn
Quick, Ilse
Wilson, David
Yapp, Paul

Sherwood Park
Sherwood Park
Athabasca
Edmonton
St. Albert
Red Deer
Grande Prairie
Lacombe
Edmonton
Edmonton

Yoga Association of Alberta
11759 Groat Road, Edmonton AB T5M 3K6
Phone: 780.427.8776; Fax: 780.427.0524; email: yogaab@telusplanet.net

**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.

The YAA *Hatha Yoga Teacher Training Syllabus and Guidelines* and *Hatha Yoga Teacher Certification Requirements and Guidelines* 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?

1. 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.)

.../2

4. The YAA program includes the following requirements. Please tick the subject areas you feel comfortable teaching. For those requirements that you do not tick, 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: _____

Yoga Association of Alberta
11759 Groat Road, Edmonton AB T5M 3K6
Phone: 780.427.8776; Fax: 780.427.0524; email: yogaab@telusplanet.net

**APPLICATION FOR YAA CERTIFIED
TRAINING TEACHER STATUS**

The YAA's definition of a Training 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.

The *YAA Hatha Yoga Teacher Training Syllabus and Guidelines and Hatha Yoga Teacher Certification Requirements and Guidelines* 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 Training 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.)

.../2

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 Training Teacher:

Applicant's Signature: _____ Date: _____

REQUIRED DOCUMENTATION FOR YAA TEACHER TRAINING PROGRAM

- ✓ YAA Hatha Yoga Teacher Training Application Form with fee payment (**Appendix F1**),
- ✓ Letter of Recommendation / introduction from a yoga teacher with evidence of at least 2 years of recent formal classes in **hatha yoga**. A rural applicant without two years of hatha yoga training, 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.),
- ✓ Senior Teacher Letter of Agreement within 4 months of acceptance into the program (**Appendix F2**),
- ✓ Training Teacher Letter of Agreement, if applicable (**Appendix F3**).

Yoga Association of Alberta
11759 Groat Road, Edmonton AB T5M 3K6
Phone: 780.427.8776; Fax: 780.427.0524; email: yogaab@telusplanet.net

YAA HATHA YOGA TEACHER TRAINING PROGRAM APPLICATION FORM

NAME: _____ AGE: _____

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

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

PRESENT OCCUPATION: _____

Please submit to the above address:

- \$125 TTP Registration Fee
- YAA full membership fee (\$25.00) with completed and signed membership form and waiver
- Letter of recommendation / introduction from a yoga teacher with whom you have taken classes
- Completed and signed Teacher Training Application Form (use back if insufficient space)

In order to qualify for the YAA Hatha Yoga Teacher Training Program, applicant must be at least 18 years old, be a full member of the YAA, and provide evidence of at least 2 years recent formal classes in hatha yoga.

1. For how many years have you practised Yoga? _____ years.
2. List your yoga instructors. Include a recommendation from one teacher with his / her phone number.

3. Are you presently teaching Yoga? If you are, how long have you been teaching and how often do you teach?

4. What aspects of Yoga most interest you or are part of your practice?

5. Why do you want to take the YAA Hatha Yoga Teacher Training Program?

6. What do you expect to learn?

Yoga Association of Alberta
11759 Groat Road, Edmonton AB T5M 3K6
Phone: 780.427.8776; Fax: 780.427.0524; email: yogaab@telusplanet.net

**YAA CERTIFIED SENIOR TEACHER
LETTER OF AGREEMENT**

To: YAA Hatha Yoga Teacher Training and Certification Committee
Yoga Association of Alberta
11759 Groat Road
Edmonton, Alberta T5M 3K6
Ph: (780) 427-8776
Fax: (780) 427-0524

Re: Senior Teacher for _____
YAA TTP Student

To Whom It May Concern:

I hereby agree to be YAA Certified Senior Teacher for the above-named student. I am familiar with the *YAA Hatha Yoga Teacher Training Syllabus and Guidelines and Hatha Yoga Teacher Certification Requirements and Guidelines*. I agree to take the responsibility of having the above-named student apprentice with me for the duration of his / her registration within the YAA Hatha Yoga Teacher Training Program.

Sincerely,

Senior Teacher Signature

Senior Teacher (Print Name)

Address: _____

Phone Number: _____

Date: _____

(Please return this letter to Yoga Association office.)

Yoga Association of Alberta
11759 Groat Road, Edmonton AB T5M 3K6
Phone: 780.427.8776; Fax: 780.427.0524; email: yogaab@telusplanet.net

**YAA CERTIFIED TRAINING TEACHER
LETTER OF AGREEMENT**

To: YAA Hatha Yoga Teacher Training and Certification Committee
Yoga Association of Alberta
11759 Groat Road
Edmonton, Alberta T5M 3K6
Ph: (780) 427-8776
FAX: (780) 427-0524

Re: Training Teacher for _____
YAA TTP Student

To Whom It May Concern:

I hereby agree to be training teacher for the above-named student. I am familiar with the *YAA Hatha Yoga Teacher Training Syllabus and Guidelines and Hatha Yoga Teacher Certification Requirements and Guidelines*. I agree to take the responsibility of having the above-named student in my weekly hatha yoga classes and to work with his / her YAA Certified Senior Teacher.

Sincerely,

Training Teacher Signature

Training Teacher (Print Name)

Address: _____

Phone Number: _____

Date: _____

(Please return this letter to Yoga Association office.)

**REQUIRED DOCUMENTATION FOR YOGA INITIAL CERTIFICATION
FOR BOTH YAA TTP STUDENTS AND FOR NON-YAA TEACHER TRAINING
PROGRAMS' CERTIFIED TEACHERS**

- ✓ Initial Certification Application Form with Fee Payment (**Appendix G-1**),
- ✓ YAA Hatha Yoga Teacher Training Summary Spreadsheet (**Appendix G-2**),
- ✓ YAA Monthly Teacher Training Program Class Topics List: Year One and Year Two (**Appendix G-3**),
- ✓ YAA Hatha Yoga Teacher Training Assignment List (**Appendix G-4**),
- ✓ Senior Teacher Letter of Recommendation (**Appendix G-5**),
- ✓ 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 Programs, if applicable,
- ✓ *Proof of at least 2 years of recent formal classes in hatha yoga prior to entering a Non-YAA Teacher Training Program.

*Only for teachers certified through other Teacher Training Programs.

Yoga Association of Alberta
11759 Groat Road, Edmonton AB T5M 3K6
Phone: 780.427.8776; Fax: 780.427.0524; email: yogaab@telusplanet.net

**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.

I certify that the above-named has completed a minimum of 10 hours of karma yoga (service to the YAA or yoga community or to another non-profit, charitable organization).

Signed: _____
Validation of Karma Yoga Completed

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: _____

YAA Hatha Yoga Teacher Training Summary Spreadsheet Guidelines (300 Hours)

To be considered for YAA Certification, a student must have successfully completed the requirements and have accurately and completely documented them on the following 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, retreats, or weekly classes.

Column 2: **Description of workshops, retreats, 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 / Training Teacher** – Number of hours of attendance (minimum **100 hours**) in regular weekly hatha yoga classes taught by Senior Teacher(s) and / or Training Teacher(s). (Please see Appendix 1 – Definition of Hatha Yoga, page 34 and Appendix 2 – Asana / Pranayama Required Practices, page 35.)

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

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

- **International Hatha Yoga Teacher Workshops / Retreats** - 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 / retreat 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 / retreat 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 / retreat hours, a student can receive credit for this workshop / retreat 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** – The asana hours can be credited under Column 5. The remaining hours of training can be credited 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 check with their Senior Teacher for credit for previous coursework.)
- Column 7: **15 hours of Yoga Philosophy and Related Psychology** - Attendance at monthly TTP classes can be credited toward these hours.
- Column 8: **15 hours of Breath Awareness** - Attendance at monthly TTP classes can be credited toward these hours.
- Column 9: **10 hours Study of Meditation** - Attendance at monthly TTP classes 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.

**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 / Retreats 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)

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.

Assignment Checklist:

A) Three book reports:

_____ **Minimum of one** from the Required List of books (Appendix 3, page 37)

_____ **Maximum of two** from the Recommended List (Appendix 3, page 39)

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 (page 13).

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

SIGNED: _____ Date: _____
(Senior Teacher)

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: 780.427.0524
Email: yogaab@telusplanet.net

REQUIRED DOCUMENTATION FOR YAA RECERTIFICATION

- ✓ Recertification Application Form with fee payment (**Appendix H-1**),
- ✓ Recertification Workshops / Retreats / Classes Summary Sheet (**Appendix H-2**),
- ✓ Recertification Employment / Teaching Summary Sheet (**Appendix H-3**).

Yoga Association of Alberta
11759 Groat Road, Edmonton AB T5M 3K6
Phone: 780.427.8776; Fax: 780.427.0524; email: yogaab@telusplanet.net

**YAA HATHA YOGA TEACHER
RECERTIFICATION 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 Recertification Application Form with Fee Payment (**\$75 Certification Fee / 3 years; Late fee \$25: with special permission only**), along with your 300 hours of hatha yoga professional development in the following categories:

- **WORKSHOPS / RETREATS / CLASSES:** You must account for a minimum of 150 hours of participation as a student in HATHA YOGA WORKSHOPS/ RETREATS / CLASSES WITHIN A THREE YEAR PERIOD. It is recommended that the workshops / retreats / classes are taught by senior international hatha yoga instructors or senior hatha yoga instructors.
- **TEACHING HOURS:** You must account for a minimum of 50 hours of teaching HATHA YOGA WITHIN A THREE YEAR PERIOD. 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 / retreats / classes.

If you have taught or attended workshops / retreats / classes over and above the required hours, please record those hours as well in order that a complete profile of your professional development is in your Yoga Association of Alberta Certification file.

By signing below, I affirm that all the documents attached to this certification application are correct, complete and fully disclose my yoga activities. I also agree to have my name, phone number, teaching location and training added to the YAA Directory in *Yoga Bridge* and on the YAA Website. I am an Alberta resident.

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

Applicant Signature: _____ Date: _____

RECERTIFICATION WORKSHOPS / RETREATS / CLASSES SUMMARY SHEET

NAME: _____

You must account for a minimum of 150 hours of participation as a student in HATHA YOGA WORKSHOPS / RETREATS / CLASSES WITHIN A THREE YEAR PERIOD. It is recommended that the workshops / retreats / classes are taught by senior international hatha yoga instructors or senior hatha yoga instructors. If you have attended workshops / retreats / classes over and above the required hours, please record those hours as well in order that a complete profile of your professional development is in your Yoga Association of Alberta Certification file.

Record of Hatha Yoga Workshops/Retreats/Classes

for period: _____

Date	Teacher	Class Location and Description	Hours
Total			

RECERTIFICATION EMPLOYMENT / TEACHING SUMMARY SHEET

NAME: _____

You must account for a minimum of 50 hours of teaching HATHA YOGA WITHIN A THREE YEAR PERIOD. 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 / retreats / classes. If you have taught over and above the required hours, please record those hours as well in order that a complete profile of your professional development is in your Yoga Association of Alberta Certification file.

Record of Hatha Yoga Employment/Teaching

for period: _____

Date	Employer	Phone	Class Location Description	Hours
Total				