

Yoga Association of Alberta

Teacher Training Program

Syllabus and Certification Guidelines

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YOGA ASSOCIATION OF ALBERTA
TEACHER TRAINING PROGRAM
SYLLABUS AND CERTIFICATION GUIDELINES

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Yoga Association of Alberta
Teacher Training Program Syllabus and Certification Guidelines

Section I – Syllabus & Certification Guidelines

1. Teacher Training Program – Introduction

The Yoga Association of Alberta (YAA) provides a Hatha Yoga Teacher Training Program (TTP), which is a long-term Senior Teacher mentorship / apprenticeship-based program which requires a minimum of two years of training, plus a prerequisite of two years of recent formal classes in hatha yoga (see *Appendix A* for definition), or an endorsement from a YAA Senior Teacher who is willing to apprentice the student in the program. The YAA-TTP is geared to mature students who will take responsibility to complete the requirements, willing to learn and study under the supervision of their chosen Mentor. There is a small application fee to register in the program, which is strictly non-refundable, but no other upfront tuition. Classes and workshops attended are paid for at the time the student registers for them.

The YAA also offers Equivalency Certification, which recognizes outside training with equivalent standards and offers credit towards YAA Certification at all Levels. For details, see the Equivalency Certification page of the website.

2. Required Qualifications to Apply

In order to qualify for the YAA TTP, the applicant must:

- be at least 18 years old,
- be an Alberta resident,
- be a full member of the YAA (full membership must remain current throughout the TTP and all certification levels),
- **provide a letter of introduction / recommendation from a yoga teacher which states that the applicant is familiar with a basic well-rounded syllabus of asana and is ready and suitable to enter into a yoga teacher training program,**
- **provide details of at least 2 years of recent regular attendance in hatha yoga classes, OR the above-mentioned reference letter must be an endorsement from a YAA Certified Senior Teacher willing to act as Mentor for the student in the program.** Please note that workshops taken prior to applying to the YAA-TTP are credited towards meeting the pre-requisite requirement but are NOT credited to meeting the 200-Hour Certification requirements. The only exceptions could be workshops taken during the month prior to admission to the YAA TTP, with approval.
- **It is not necessary for the student to have chosen a YAA Senior Teacher with whom to apprentice upon entry into the program (hereinafter called the Mentor), however it is expected that the student will submit an *Apprenticeship Agreement* (see page 11) formalizing this relationship within 4 months of admission into the program.** If needed, assistance will be provided in finding a Mentor.

3. 200-Hour Program Summary

A summary of requirements for 200-Hour Certification is as follows. Full details are outlined in the *Summary Spreadsheet Guidelines*.

- 125 Hours of YAA Teacher Training consisting of the following (or equivalent):
 - 16 x 5 Hour YAA TTP Monthly Core Curriculum Classes as outlined on the *Curriculum List*.
 - 3 x 15 Hour YAA Teaching Skills Workshops.
- 50 Hours of other Hatha Yoga Workshops with Mentor or any other YAA Senior Teachers (or equivalent). Training in modifications for special concerns, meditation, yoga philosophy and breath awareness is highly recommended.
- 15 Hours of Anatomy (may be taken online, with interactive component or as an in-person workshop).
- 10 Hours of Practicum with Mentor which consists of:
 - Regular Meetings/Consultations to review progress and assignments, and includes
 - A minimum of 2 Hours of Mentor Supervised Teaching.
 - Regular weekly hatha yoga classes with their Mentor and/or Intermediate Teacher(s) (~100 hours), although these hours are not counted within the program.
- 8 Written Assignments as outlined on the *Assignments List*.
- CPR Certification (any level).
- 10 Additional Hours of Karma Yoga (actions performed with yogic awareness and in selfless service to others on a volunteer basis) for a non-profit or charitable organization. At least 5 of these hours must be in service to the YAA.

The TTP may be completed in a **minimum** of two years provided the student has fulfilled all requirements **and** is recommended for certification by his / her Mentor. By the end of the TTP training, a student is required to have an understanding of the *Asana / Pranayama Required Practices (Appendix C)* and be able to teach them safely and effectively on their own, in order to be eligible to apply for certification. At the discretion of the Mentor and the YAA Teacher Training and Certification Committee, additional hours may be required beyond the minimum hourly requirements in any category. **Note that depending on the student's interests and their course through the program, they may choose to stay in the program well beyond the minimum two-year requirement.** If a TTP student is in the program for longer than 5 years, his / her status will be reviewed by the YAA Teacher Training and Certification Committee.

4. Registration Process and Fees

To Register:

- Submit an *Application Form* with registration and membership fees to the YAA office. Include a letter of recommendation as outlined on the form and an outline of prior attendance in hatha yoga classes.
- Application processing may take up to 4 weeks. Students will be notified by phone and email or letter mail.

Fees:

- Application fee: \$200.00 for administrative costs.
- Full YAA membership is required (\$30/year or \$350/lifetime) and must remain current throughout the TTP and all certification levels. Note YAA membership is different from YAA teacher certification.
- Certification fee is \$100 upon completion of the program.
- YAA-sponsored TTP Core Curriculum Classes, Teaching Skills Workshops, other YAA-sponsored workshops are on a pay-as-you-go basis, but please register in advance at yoga.ca to avoid disappointment.
- Non-YAA sponsored class and workshop fees are paid directly to the workshop organizer or class teacher as chosen.

Tax Receipts:

- The YAA-TTP is tax deductible for registered TTP students. The YAA is recognized as an "Educational Institution" and official receipts for all workshops taken during the program are available at the end of each calendar year for income tax purposes.
- **Submit original receipts plus one photocopy of each receipt** for fees paid for all TTP applicable workshops and retreats to the YAA office **at the end of each calendar year. Please also provide a total sum of all receipts.** The student is responsible for providing ALL receipts including those for YAA sponsored activities. TTP Application fee and membership fees may be included. Do not include props or books purchases. (Ask your accountant about using these against self-employed income.) An Official Income Tax Receipt Summary of tuition expenses will be issued for all workshops (both YAA and non-YAA), each year of the student's registration in the YAA-TTP (maximum 5 years). Some restrictions may apply.
- **All receipts must be received by the YAA office by January 31 of the year the tax return is to be filed. Receipts received after this date will be processed as time permits.** The original receipts will be returned to the student along with the income tax receipt.
- The YAA does not issue T2202 forms (Educational Amount Certificate).

Insurance:

- The YAA Teacher Training and Certification Committee does not endorse TTP students teaching in a formal setting without supervision before they are certified.
- YAA Certified Teachers may obtain discount insurance rates under the umbrella of the YAA's insurance policy. See the website for details.

Materials:

- In order to gain maximum benefit from classes and workshops, the following props are required: 1 sticky mat, 4 foam blocks, 1 strap, 2 blankets and 1 wood block. Bolster recommended.
- Students will consult with their Mentor regarding books to read and use during the training. See also the *Recommended Reading List (Appendix D)*.
- Props and books are available for purchase at the YAA Office at a discount to YAA members, and members have free access to an extensive yoga library of over 600 titles.

5. Student Responsibilities

- YAA-TTP students are required to adhere to the *YAA Code of Ethics – Guidelines for YAA Certified Teachers (Appendix B)*.

- Within 4 months of acceptance to the program, a student must choose YAA Certified Senior Teacher with whom to apprentice (a Mentor). Apprenticeship most often requires the student to attend classes with the Mentor on a weekly or regular basis, as well as specifically defined practicum hours. A YAA Certified Intermediate Teacher may also be chosen if those weekly classes are more accessible, but this is optional, and at the discretion of the Mentor. If needed, contact the Coordinator (cert@yoga.ca) for assistance in finding a Mentor. Once a Mentor has been chosen and agreed, submit the *Apprenticeship Agreement* to the YAA Office to formalize this arrangement.
- Students will periodically consult with their Mentor regarding their schedule of classes, workshops and assignments and plan for attendance in regular weekly classes, TTP Monthly Core Curriculum Classes, Teaching Skills Workshops, Senior Teacher Workshops and other classes and workshops in order to fulfill all the requirements of the program See the *Summary Spreadsheet Guidelines* for full details.
- During participation in the program, students must actively and accurately document the following:
 1. Hours of involvement in classes and workshops from the date of registration on the *Summary Spreadsheet*, as detailed in the *Summary Spreadsheet Guidelines*.
 2. TTP Core Curriculum Class dates should also be recorded on the *Curriculum Checklist*.
 3. A log or journal with notes on all workshops and classes taken throughout the program, as outlined on the *Assignments List* and the sample *Journal Pages*.
 4. Completion of three book reports and four papers as outlined in the *Assignments List*.
- Students must pre-arrange regular meetings or correspondence with their Mentor in order to review journal notes and program progress. Note that Mentors may charge an hourly rate for individual meetings or may conduct small group classes in this regard. Contact the Mentor directly for details and to make arrangements.
- Students must maintain up-to-date contact information with the TTP Coordinator and the YAA office and respond to regular requests for information in regard to their program progress.
- Any questions or difficulties that arise during the program should be directed to the TTP Coordinator.

Ultimately, it is the student's responsibility to complete the program requirements according to the requirements listed herein. Requirements are subject to change and will be communicated. Students must ensure that both they and their Mentors have the most up-to-date version of this document.

YAA Mentors and Intermediate Teachers must also be familiar with the most up-to-date version of the YAA Mentorship Guidelines, which outlines their roles and responsibilities towards TTP students.

6. Initial Certification Procedure

When the Mentor ascertains that all requirements of the TTP have been completed and is confident that the student is ready to safely and effectively conduct a class on his / her own, the student may submit an *Application for 200-Hour Certification*. Required documentation is listed on the application form and must be received by the YAA office by one of the following due dates: March 1st for May certification, July 1st for September certification, or November 1st for January certification. Supporting documentation can be sent to the YAA office or directly to the TTP Coordinator by email at cert@yoga.ca. When the TTP Coordinator confirms that all documentation and references are in order, the application is presented to the Certification Committee and YAA Executive for review and approval. Upon final approval, a YAA 200-Hour Certificate, valid for a 3-year period, is sent to the applicant.

Certification requirements are subject to review and change. All certifications are contingent upon continued membership renewal in the YAA and are only valid as long as the applicant is a full YAA member in good standing. In any case where the applicant is dissatisfied with certification decisions, an appeal for clarification and re-evaluation may be directed to the Executive.

7. Recertification and Additional Levels

YAA Certified Teachers meet professional upgrading standards, maintain regular class/workshop attendance and teaching hours and must apply for recertification every three years in order to maintain certification status. With further training and requisite experience, YAA Certified Teachers may also qualify for 500-Hour Level, 750-Hour Level (Intermediate Teacher Status), and 1,000-Hour Level (Senior Teacher Status) Certifications. Upgrading can be done with Mentor and/or any YAA Intermediate or Senior Teachers (or equivalent). Requirements are outlined on the Recertification and Advanced Training Levels pages of the website. **It is highly recommended that all YAA Certified Teachers maintain ongoing affiliation with at least one YAA Senior Teacher as Mentor, as reference letters are required for status approvals.**

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 practicing the first five limbs (*yama* and *niyama*, *asana*, *pranayama* and *pratyahara* / sense withdrawal) as a steppingstone 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 Svatiarama (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.

MISSION STATEMENT AND CODE OF ETHICS

Mission Statement

The Yoga Association of Alberta (YAA) 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 & north), Central and Southern (Calgary & south).

Code of Ethics

The YAA 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 agree to adhere to the Code of Ethics and these Guidelines with their YAA Certification and recertification. Failure to abide by these Guidelines may result in revocation of YAA Certification and membership, in accordance with the YAA Policies on Harassment and Abuse, Conflict of Interest, Dispute Resolution and Appeals.
- 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 adhere to traditional yoga principles as written in the yamas and niyamas and refrain from making any comment, gesture, or contact that is likely to cause offence or humiliation.
- Teachers conduct themselves in a professional and conscientious manner, follow all local and national laws that pertain to their yoga teaching and business, and act with ethical and financial integrity.
- Teachers refrain from making exaggerated claims about the benefits of yoga, acknowledge the limitations of their skills and scope of practice, and where appropriate, refer them to other teachers, suitable practitioners, or to the YAA office.
- Teachers do their best to create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Teachers inform students of their personal yoga philosophy and style, practice tolerance and acceptance of the views of others, and encourage critical thinking and self-inquiry within their students.
- Teachers do not malign other yoga professionals.
- Teachers respect the rights, dignity and privacy of all students, and are respectful, compassionate and truthful with all practitioners of yoga – fellow students and teachers alike.
- Teachers avoid words and actions that constitute sexual harassment or harassment based on other legally protected characteristics.
- Teachers encourage diversity and 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 practice some form of karma yoga (selfless service) 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-TTP should already be familiar with most of the following required practices. They comprise the basis of study in the YAA TTP. By the end of their program, students are required to have a working understanding of these practices and be able to teach them safely in order to be eligible to apply for YAA Certification. Most descriptions and spellings for the list below have been taken from *Light on Yoga* by B.K.S. Iyengar and may differ from other books and traditions. Common names have been added for ease of reference.

200-Hour Level Asanas and Pranayama**Asanas:**

Adho Mukha Svanasana (Downward Facing Dog)
Ananda Balasana (Happy Baby)
Anjaneyasana (Low & High Lunge)
Ardha Chandrasana (Half Moon)
Ardha Navasana (Half Boat)
Baddha Konasana (Bound Angle)
Bakasana (Crane or Crow)
Balasana (Child)
Bharadvajasana I (*Bharadvaja's* Twist)
Bhujangasana (Cobra)
Chaturanga Dandasana (Four-Limbed Staff)
Dandasana (Staff)
Dhanurasana (Bow)
Eka Pada Rajakapotasana (One-Legged King Pigeon)
Garudasana (Eagle)
Gomukhasana (Cow Face)
Halasana (Plow)
Janu Sirsasana (Head and Knee)
Jathara Parivartanasana (Revolved Abdomen)
Krounchasana (Heron)
Kurmasana (Tortoise)
Malasana (Garland)
Marichyasana I (Sage *Marichi* I)
Naraviralasana (Sphinx)
Padangusthasana (Big Toe)
Padmasana (Lotus)
Parighasana (Gate)
Paripurna Navasana (Full Boat)
Parivrtta Parsvakonasana (Twisted Side Angle)
Parivrtta Trikonasana (Twisted Triangle)
Parsvottanasana (Intense Side Stretch)

Paschimottanasana (Seated Forward Bend)
Phalakasana (Plank)
Pincha Mayurasana (Forearm Balance) - Preparatory
Prasarita Padottanasana (Wide-Legged Forward Bend)
Salabhasana (Locust)
Salamba Sarvangasana (Supported Shoulderstand)
Salamba Setu Bandha Sarvangasana (Supported Bridge)
Salamba Sirsasana (Supported Headstand) - Preparatory
Savasana (Corpse)
Setu Bandha Sarvangasana (Bridge)
Siddhasana (Sage)
Simhasana (Lion)
Sucirandhrasana (Eye of the Needle)
Sukhasana (Easy)
Supta Baddha Konasana (Reclining Bound Angle)
Supta Balasana (Reclining Child)
Supta Hasta Padangusthasana (Reclining Hand-to-Toe)
Tadasana (Mountain)
Trianga Mukhaikapada Paschimottanasana (Three Parts Forward Bend)
Upavistha Konasana (Wide Angle Seated Forward Bend)
Urdhva Mukha Svanasana (Upward Facing Dog)
Ustrasana (Camel)
Utkatasana (Chair)
Uttanasana (Standing Forward Bend)
Utthita Parsvakonasana (Extended Side Angle)
Utthita Trikonasana (Extended Triangle)
Viparita Karani (Legs-up-the-Wall)
Virabhadrasana I, II & III (Warrior I, II & III)
Virasana (Hero)
Vrksasana (Tree)

Asana Series: *Surya Namaskar* (Sun Salutations)

Pranayama: *Bhastrika* (Bellows), *Bhramari* (Bee), Complete Breath, Diaphragmatic Breath, *Kapalabhati* (Skull Shining), *Nadi Sodhana* (Alternate Nostril), *Ujjayi* (Victorious), *Viloma* (Against the Grain)

RECOMMENDED READING LIST

Although not a comprehensive list, the following books are highly recommended for study and suitable for the required book reports and other requirements outlined in the *Assignments List*. Please consult with your Mentor for other texts that may be suitable.

1. TEACHING RESOURCES:

- T.K.V. Desikachar, *The Heart of Yoga, Developing a Personal Practice*
- George Feuerstein, *The Deeper Dimensions of Yoga: Theory and Practice*
- George Feuerstein, *Sacred Paths*
- George Feuerstein, *The Yoga Tradition*
- B.K.S. Iyengar, *Light on Yoga*
- B.K.S. Iyengar, *Light on Pranayama*
- B.K.S. Iyengar, *The Tree of Yoga*
- B.K.S. Iyengar, *B.K.S. Iyengar Yoga: The Path to Holistic Health*
- Lucy Lidell with Narayani & Giris Rabinovitch, *Sivananda Companion to Yoga*
- Mira Mehta, *How to Use Yoga*
- Silva Mehta & Shyam Mehta, *Yoga: The Iyengar Way*
- Ken O'Donnell, *Pathways to Higher Consciousness*
- Mark Stephens, *Teaching Yoga: Essential Foundations and Techniques*
- Mark Stephens, *Yoga Adjustments: Philosophy, Principles, and Techniques*
- Mark Stephens, *Yoga Sequencing*
- Swami Radha, *Hatha Yoga: The Hidden Language*
- Swami Rama, *Joints and Glands Exercise Book*
- Swami Rama, Rudolph Ballentine, MD., Alan Hymes, MD, *Science of Breath*
- Vanda Scaravelli, *Awakening the Spine*
- Eric Schiffmann, *Yoga: The Spirit and Practice of Moving into Stillness*

2. YOGA SUTRAS OF PATAÑJALI:

- 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
- Swami Satchidananda, *The Yoga Sutras of Patanjali*
- Fernando Tola and Carmen Dregonetti, *The Yogasutras of Patañjali: On Concentration of Mind, Part 1, 'Samadhi Pada'*, trans. K.D. Prithipaul

3. BHAGAVAD GITA:

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

4. SUBTLE BODY ANATOMY:

- Anodea Judith, PhD, *Wheels of Life: A User's Guide to the Chakra System*
- C.W. Leadbeater, *The Chakras*
- Juan Mascaro (trans.) & Thomas Wyatt, *The Upanishads*
- Swami Muktibodhananda, *Hatha Yoga Pradipika*
- S. Radhakrishnan, trans. & ed., *The Principal Upanishads*
- Swami Sivananda Radha, *Kundalini Yoga for the West*
- Hans Ulrich Rieker, *Yoga of Light: The Classic Esoteric Handbook of Kundalini Yoga*

5. SPECIAL CONCERNS

- Rajiv and Swati Chanchani, *Yoga for Children: A Complete Illustrated Guide to Yoga*
- Jean Couch, *The Runner's Yoga Book*
- Dr. David Frawley, *Ayurvedic Healing*
- Geeta S. Iyengar, *Yoga, A Gem for Women*
- Sandra Jordan, *Yoga for Pregnancy*
- Dr. Vasant Lad, *The Science of Self-Healing*
- Dr. Vasant Lad, *Textbook of Ayurveda*
- Judith Lasater, PhD, P.T., *Relax and Renew: Restful yoga for Stressful Times*
- Kit Laughlin, *Overcoming Neck and Back Pain*
- David McAmmond with Anita Sielecki, *A Practical Guide: Yoga Therapy for Backs*
- Timothy McCall, MD, *Yoga as Medicine: The Yogic Prescription for Health and Healing*
- Christine Northrup MD, *Women's Bodies, Women's Wisdom*
- Mary Pollig Schatz, M.D., *Back Care Basics*
- Dr. Robert Svoboda, *Prakriti, Your Ayurvedic Constitution*

6. 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. Consult with the anatomy workshop leader upon registration as they may have specific requirements. Otherwise, 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*
- Ray Long, *The Key Muscles of Hatha Yoga*
- Elaine Marieb, *Human Anatomy & Physiology*
- Philip J. Rasch, ed., *Kinesiology and Applied Anatomy*
- Gerard J. Tortora, *Principles of Anatomy and Physiology*

7. OTHER RECOMMENDED TEXTS:

- Miriam Austin, *Cool Yoga Tricks*
- 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*
- Marion (Mugs) McConnell, *Letters from the Yoga Masters*
- Mira Mehta, *Yoga Explained*
- Swami Nikhilananda, *Vivekananda: the Yogas and Other Works*, includes Vivekananda's commentaries on Jñana, 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*
- Paramahansa Yogananda, *Auobiography of a Yogi*
- The following multi-volume texts are available through university and public libraries: Max Müller, *The Six Systems of Indian Philosophy* and *The Upanishads*; C.G. Jung, *Psychology and the East* included in *Complete Works*.

APPRENTICESHIP AGREEMENT

YOGA ASSOCIATION OF ALBERTA
11759 Groat Road, Edmonton AB T5M 3K6
Phone: 780.427.8776; Website: www.yoga.ca; E-mail: cert@yoga.ca

Near the beginning of their program, YAA-TTP students must choose a YAA Certified Senior Teacher as a Mentor with whom to apprentice. This mentorship requires the student to attend classes with their Mentor on a weekly or regular basis, as well as regular meetings or consultations to review progress and homework assignments, plus supervised teaching hours. These arrangements should be made with the mentoring teacher directly. Mentors may have additional requirements for final assessment before recommending certification.

It is the student's responsibility to research and choose a Mentor and return this form to the TTP Coordinator within 4 months of acceptance into the program. See the website for information on choosing a good teacher and a current list of YAA Certified Senior Teachers and Intermediate Teachers. Any difficulties finding or choosing a Mentor, issues with program progress, or questions should be directed to the TTP Coordinator at the email above. Consult the TTP Coordinator to make alternate arrangements in advance if weekly classes with chosen Mentor(s) are not accessible and other arrangements are required. Students are responsible to maintain up-to-date contact information with both their Mentor and the TTP Coordinator and respond to regular requests for information in regard to their program progress.

By signing below, I agree to mentor under the teacher(s) named below and accept the student's roles and responsibilities as outlined in Section I.5 above for the duration of my registration within the YAA-TTP.

TTP Student Name

TTP Student Signature

Date

By signing below, I hereby agree to mentor the above-named student under the auspices of the YAA Teacher Training Program. I am familiar with the most recent YAA Teacher Training Syllabus and Certification Guidelines and the YAA Mentorship Guidelines. I agree to accept the roles and responsibilities outlined therein for the above-named TTP student for the duration of his / her registration within the YAA-TTP.

Mentors: If this student does not have his/her own yoga teaching insurance, I agree that he/she will be vicariously covered under my own yoga teaching insurance only for times when this student is instructing in my presence in order to fulfill the requirements of their apprenticeship hours. This agreement applies ONLY to Toole Peet insurance policies. If not insured through Toole Peet, the Mentor should contact their insurance company directly to make arrangements for coverage under these circumstances.

Mentor Name

Mentor Signature

Date

A TTP student may attend regular weekly classes with a YAA Certified Intermediate Teacher if those are more accessible, but this is optional, and at the discretion of the Mentor (who must initial below to approve).

Intermediate Teacher Name (optional)

Mentor Initials to Approve

Intermediate Teacher Signature

Date

SUMMARY SPREADSHEET GUIDELINES

To be considered for YAA Certification, a student must have successfully completed the requirements and have accurately and completely documented them on the *Summary Spreadsheet*. Students must verify to their Mentor that they have completed each category required by taking brief notes on classes and recording details of each workshop in a log or journal as one of several requirements in the *Assignments List*.

When filling out the *Summary Spreadsheet*, refer to the following guidelines. **The spreadsheet can also be downloaded as an Excel Spreadsheet or as a pdf file from www.yoga.ca** (insert rows or use as many sheets as needed).

1. **80 Hours of YAA TTP Monthly Core Curriculum Classes – Complete series of 16 x 5-hour specialized workshops** geared towards teachers in training given by YAA Certified Senior Teachers. The TTP Core Curriculum Classes are held once a month in Edmonton, usually on Saturdays. Senior Teachers in other locations may run their own equivalent classes (consult the TTP Coordinator for advance approval). Consult the *Curriculum List* for a list of topics covered in the classes. The sequence of classes repeats every two years. Students may begin the program at any time during the year. **If a student is unable to attend a particular class, it can be taken in the next two-year sequence, or else the material must be covered in a different form, at the Mentor’s discretion.**
2. **45 Hours of YAA Teaching Skills Workshops – Minimum of 3 x 15-hour specialized workshops.** These are weekend-long workshops given by YAA Certified Senior Teachers for supervised practical application of teaching skills. Teaching Skills Workshops are offered twice per year in Edmonton. Senior Teachers in other locations may run their own equivalent workshops (consult the TTP Coordinator for advance approval).
3. **50 Hours of Senior Teacher Workshops - Minimum of 50 hours of Workshops** given by the Mentor or any other YAA Senior Teachers (or equivalent). Training in modifications for special concerns, meditation, yoga philosophy and breath awareness is highly recommended. *(YAA Senior Teachers have a minimum of 1,000 hours of training/upgrading, 10 years of teaching experience, and 20 years of practice. Consult the TTP Coordinator for advance approval for any non-YAA teachers.)*
4. **15 Hours of Anatomy – Minimum 15 hours of specialized classes or workshop(s)** designed to initiate the study of anatomy, physiology and biomechanics for yoga teaching purposes, taught by a qualified instructor. (May be taken online if there is an interactive component – i.e., one-on-one or group calls with instructor, homework submitted w/ feedback, marked exams, etc.). Upon completion of the TTP, 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. (Credit for previous coursework must have advance approval from the Coordinator upon TTP entry.)
5. **10 Hours of Practicum with Mentor – Minimum of 10 hours of practicum with the student’s Mentor**, which consist of regular meetings or consultations for the purpose of reviewing progress, homework assignments, asking questions, etc. **A portion of these hours must be supervised teaching** in a classroom setting under the direct supervision of the Mentor (2 hours or more, at the discretion of the Mentor). Requirement may not be met by class attendance only or by substitute teaching. Note that students are also expected to take regular weekly classes with their mentor throughout their time in the program (~100 hours), although these hours are not counted within the program. Mentors may have additional requirements for final assessment before recommending certification.

CURRICULUM CHECKLIST

YAA TTP Core Curriculum Classes are held in Edmonton once a month, usually on Saturdays, with the sequence repeating every two years. Students may begin the program at any time during the year. Other locations may run equivalent classes (consult the TTP Coordinator for advance approval). **If a student is unable to attend a particular class, it can be taken in the next two-year sequence, or else the material must be covered in a different form, at the Mentor's discretion.** For example, after consulting with their Mentor, the student may cover the material in other classes and/or workshops offered elsewhere and submit a written or oral report to their Mentor to demonstrate understanding of the material. The Mentor may require additional training. **Note:** Most descriptions and spellings for the list below have been taken from *Light on Yoga* by B.K.S. Iyengar and may differ from other books and traditions. Common names have been added for ease of reference.

Students are expected to record class details and learnings in their *Journal Pages* (sample provided following the Assignment Checklist), as well as to record these hours on their *Summary Spreadsheet*. **Come to class familiar with the asanas listed** (most as illustrated in *Light on Yoga*, by B.K.S. Iyengar), even if you do not personally practice them. Consult your Mentor or a resource in the *Recommended Reading List* on how to perform the *asanas*, their benefits and contraindications, warm-ups, modifications and where they might fit into a class plan. **Bring the following props to each class: 1 sticky mat, 4 foam blocks, 1 strap, 2 blankets and 1 wood block. Bolster recommended.**

Mentors are responsible to initial beside each category below at the end of the student's program, confirming that they have read and discussed the *Journal Page* the student prepared for each TTP class attended or prepared otherwise, as evidence to support satisfactory understanding of each element in the curriculum.

THIS SECTION IS CURRENTLY UNDERGOING A REVIEW/REORGANIZATION
AND WILL BE COMMUNICATED WHEN FINALIZED.

- | | | |
|---------|--|--------------------------|
| ___ #1. | Asana:
Theory:
Pranayama: | DATE TAKEN: _____ |
| ___ #2. | Asana:
Theory:
Pranayama: | DATE TAKEN: _____ |
| ___ #3. | Asana:
Theory:
Pranayama: | DATE TAKEN: _____ |
| ___ #4. | Asana:
Theory:
Pranayama: | DATE TAKEN: _____ |
| ___ #5. | Asana:
Theory:
Pranayama: | DATE TAKEN: _____ |
| ___ #6. | Asana:
Theory:
Pranayama: | DATE TAKEN: _____ |
| ___ #7. | Asana:
Theory:
Pranayama: | DATE TAKEN: _____ |
| ___ #8. | Asana:
Theory:
Pranayama: | DATE TAKEN: _____ |

THIS SECTION IS CURRENTLY UNDERGOING A REVIEW/REORGANIZATION
AND WILL BE COMMUNICATED WHEN FINALIZED.

___ #9. Asana:
Theory:
Pranayama: DATE TAKEN: _____

___ #10. Asana:
Theory:
Pranayama: DATE TAKEN: _____

___ #11. Asana:
Theory:
Pranayama: DATE TAKEN: _____

___ #12. Asana:
Theory:
Pranayama: DATE TAKEN: _____

___ #13. Asana:
Theory:
Pranayama: DATE TAKEN: _____

___ #14. Asana:
Theory:
Pranayama: DATE TAKEN: _____

___ #15. Asana:
Theory:
Pranayama: DATE TAKEN: _____

___ #16. Asana:
Theory:
Pranayama: DATE TAKEN: _____

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

SIGNED: _____ (Mentor)

DATE: _____

ASSIGNMENT CHECKLIST

Over the course of the program and in consultation with their Mentor, students must complete a journal, three book reports and four papers. The following checklist outlines the assignment requirements. Consult the *Recommended Reading List* for books. Details are at the discretion of the Mentor. Submit the completed assignments to your Mentor only. When all assignments have been completed, have your Mentor sign this sheet and submit with your *Initial Certification Application*.

Mentors are responsible to initial beside each assignment below at the end of the student's program, confirming that they have read and discussed the assignment noted to support satisfactory understanding of each element.

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

Assignment Checklist:

A) Workshop/Class Journal

_____ A log or journal with notes on all your workshops and classes as you go through the program. A sample outline is provided, and these Journal Pages may be copied for each workshop or series of classes and compiled in a binder, or through any other method approved by the Mentor. The record should provide a summary or description of each workshop: the material covered, and any comments you had on the elements included, theory, methodology, philosophy, etc. Brief comments on regular classes may also be included but need not be as detailed. As part of the required practicum hours, students will arrange regular meetings with their Mentor where these notes may be consulted to integrate learning and highlight any questions or concerns that arise. Note that Mentors may charge an hourly rate for individual meetings or may conduct small group classes in this regard.

B) Three Book Reports chosen in consultation with your Mentor and the *Recommended Reading List (Appendix D)*:

_____ Name of book: _____
_____ Name of book: _____
_____ Name of book: _____

C) Four Papers:

_____ Paper on the Yoga Sutras: What is Raja Yoga? Write a brief synopsis of Patanjali's 8-fold path. 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.

_____ Paper on the Bhagavad Gita: Outline of the content and significance of the Bhagavad Gita. Discuss Jnana Yoga, Bhakti Yoga, Karma Yoga and the Gunas.

_____ Paper on subtle body anatomy: Define Kundalini and name the 3 central nadis of the body and their connection to the Kundalini. Discuss the chakras.

_____ Paper on special concerns: Describe 5 of the main, simple special concerns or conditions you might encounter in a beginner's class which may need teaching adaptations of a pose or poses and outline the primary risks involved, main contraindications, and one adaptation or supportive asana for each need (or area). Some examples include menstruation or pregnancy, structural limitations or old injuries such as a sore knee or shoulder. Be aware that students with current and untreated injuries or diagnosed medical conditions (e.g. un-medicated hypertension or diabetes) should be referred to a medical practitioner or other qualified health professional.

I affirm that TTP student (print name) _____ has completed all the above requirements.

Signed: _____ Date: _____
(Mentor)

INITIAL CERTIFICATION APPLICATION

YOGA ASSOCIATION OF ALBERTA
11759 Groat Road, Edmonton AB T5M 3K6
Phone: 780.427.8776; Website: www.yoga.ca; E-mail: cert@yoga.ca

* Completed Applications must be received by
March 1st for May Certification, July 1st for September Certification, and November 1st for January Certification. *

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

Please ensure your full YAA membership is up-to-date and submit this form to the above address or email with the following:

- Certification Fee** (\$100) (attach cheque or pay online).
- Summary Spreadsheet signed by Mentor** approving detailed, accurate documentation of hours. **Follow the Summary Spreadsheet Guidelines to break out your training hours into the appropriate columns.**
- Curriculum List signed by Mentor.**
- Assignment List signed by Mentor.**
- Copy of CPR Certification** (any level).
- Mentor Letter of Recommendation** (Mentors please consult the *YAA Mentorship Guidelines* for outline - may be attached or sent directly to cert@yoga.ca).
- Character Reference Letter** written by a colleague or yoga teacher who has known the applicant for at least two years, that verifies that the applicant's professional conduct reflects the *YAA Code of Ethics and the Guidelines for YAA Certified Teachers based on the Code of Ethics (Appendix B)*. May be attached or sent directly to cert@yoga.ca.
- Karma Yoga Requirement** - A minimum of 10 additional hours of Karma Yoga (actions performed with yogic awareness and in selfless service to others on a volunteer basis) for a non-profit or charitable organization. At least 5 of these hours must be in service to the YAA and verified by the YAA Executive Director. Verification details may be attached or sent directly to cert@yoga.ca by authorized representative.

Please be advised that any applicant may be subject to an audit of submitted documentation at any time. This information is used to determine eligibility in YAA programs. The YAA does not sell databases to third parties.

By signing below, I hereby affirm that all the information herein and all documents attached to this application are correct, complete and true to the best of my knowledge. Furthermore, I have read, understood and accept the stipulations of YAA Certification as outlined in the YAA TTP Syllabus and Certification Guidelines and I agree to adhere to the YAA Code of Ethics and Guidelines for YAA Certified Teachers (Appendix B).

Signature of Applicant: _____ Date: _____

Your name and contact information may be listed in the YAA Teacher Directory which is published in Yoga Bridge and on the YAA website and you will receive commercial electronic emails from the YAA. Photographs taken at YAA workshops or supplied by you may also be used for publication purposes. All other information is kept confidential. **If you do not want your information published, please inform the YAA office in writing or by email.**