

**YOGA ASSOCIATION OF ALBERTA**  
**11759 Groat Road, Edmonton AB T5M 3K6**  
**Phone: 780.427.8776; Fax: 780.422.2663; Website: [www.yoga.ca](http://www.yoga.ca); email: [cert@yoga.ca](mailto:cert@yoga.ca)**

**YAA SENIOR TEACHER  
 RECERTIFICATION APPLICATION FORM**

- \* Applicants must maintain YAA membership and be a member in good standing. \*
- \* Applications must be received by the applicable deadline (March 1<sup>st</sup> for May certification, July 1<sup>st</sup> for September certification, and November 1<sup>st</sup> for January certification.) \*
- \* Please be advised that any applicant may be subject to an audit of submitted documentation at anytime. \*

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

**Note that YAA Senior Teacher Status must first be approved.** See Section II.3 - Senior Teacher Status & Appendix J-3.

**To apply for YAA Senior Teacher Recertification, please submit this form to the above with the following:**

- Up-to-date YAA membership** (current expiry date listed on the mailing label of your *Yoga Bridge* newsletter),
- Certification Fee (\$75);** + \$25 reinstatement fee for lapsed certification only if your certification has previously expired,
- Record of a **MINIMUM TOTAL OF 300 HOURS** of hatha yoga professional development **within each three-year period** in the following categories:
  - A minimum of 50 HOURS ATTENDING** hatha yoga classes and/or workshops (**Appendix K-2**). It is recommended that classes and/or workshops be taught by YAA Certified Intermediate or Senior Teachers (or equivalent). See Appendix A for a definition of hatha yoga.
  - A minimum of 100 HOURS MAY BE EITHER ATTENDING** hatha yoga classes and/or workshops **OR OTHER FORMAL UPGRADING. IF YOUR ATTENDANCE HOURS TOTAL LESS THAN 150**, as your practice has been more focused on self-directed study, **YOU WILL BE REQUIRED TO SUBMIT A SHORT REPORT** detailing your current area of focus within the field of yoga, outlining your continued ongoing formal practices, studies, related readings, etc., with the approximate number of hours that you have dedicated to them.
  - A minimum of 50 HOURS TEACHING** hatha yoga classes and/or workshops (**Appendix K-3**).
  - The remaining **minimum of 100 HOURS may be either ATTENDING or TEACHING** hatha yoga classes and/or workshops.

**Please summarize from attached forms:**

\_\_\_\_\_ HOURS ATTENDING (min. 150\*)

+ \_\_\_\_\_ SELF-DIRECTED STUDY HOURS (\*Report ONLY if Hours Attending are less than 150, and attach report as detailed above.)

+ \_\_\_\_\_ HOURS TEACHING (min. 50)

= \_\_\_\_\_ **TOTAL HOURS REPORTED (min. 300)**

The information on this form is used to determine eligibility in YAA programs. By signing below, I affirm that all the documents attached to this certification application are correct, complete and fully disclose my yoga activities. I agree to have my name, phone number, teaching location and training, e-mail and/or website added to the YAA Directory in the *Yoga Bridge* and on the YAA Website. I also agree to receive commercial electronic emails from the YAA. All other information is kept confidential. The YAA does not sell databases to third parties.

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**YOGA ASSOCIATION OF ALBERTA  
SENIOR TEACHER WORKSHOPS / CLASSES SUMMARY SHEET**

NAME: \_\_\_\_\_

YAA Certified Since: \_\_\_\_\_

You must account for a **minimum of 50 hours ATTENDING** hatha yoga classes or workshops within each three-year period. It is recommended that classes and/or workshops be taught by YAA Certified Senior Teachers (or equivalent). **A minimum of 100 HOURS MAY BE EITHER ATTENDING** hatha yoga classes and/or workshops **OR OTHER FORMAL UPGRADING. IF YOUR ATTENDANCE HOURS TOTAL LESS THAN 150**, as your practice has been more focused on self-directed study, **YOU WILL BE REQUIRED TO SUBMIT A SHORT REPORT** detailing your current area of focus within the field of yoga, outlining your continued ongoing formal practices, studies, related readings, etc., with the approximate number of hours that you have dedicated to them. The remaining **minimum of 100 HOURS MAY BE EITHER ATTENDING or TEACHING** hatha yoga classes and/or workshops. (Please record on applicable worksheet.)

Date	Teacher	Location	Hatha Yoga Class Hours	Estimate % of Class Hours on Asana Training <small>(for information only)</small>	Class Description
<b>HATHA YOGA WORKSHOP/CLASS HOURS (Minimum 50) (If less than 150 attach report)</b>					

**YOGA ASSOCIATION OF ALBERTA  
SENIOR TEACHER EMPLOYMENT / TEACHING SUMMARY SHEET**

**NAME:** \_\_\_\_\_

You must account for a minimum of **50 hours TEACHING HATHA YOGA within a three-year period. A minimum of 100 HOURS may be either ATTENDING or TEACHING** hatha yoga classes and/or workshops. (Please record on applicable worksheet.) Self-directed study hours may not be used as a substitute for teaching hours.

**Record of Hatha Yoga Employment/Teaching**

Date	Employer	Phone	Class Location & Description	Hours
<b>TEACHING HOURS (Minimum 50)</b>				

Use more pages as necessary