

Yoga Association of Alberta (YAA)

Hatha Yoga Teacher Equivalency Certification Guidelines

**for Hatha Yoga Teachers Certified through
Other (non-YAA) Teacher Training Programs**

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YOGA ASSOCIATION OF ALBERTA

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Section I - YAA Hatha Yoga Teacher Certification

1. Introduction

YAA Hatha Yoga Teacher Certification may be obtained by completing the YAA's Hatha Yoga Teacher Training Program. For details on this program please see the *YAA Hatha Yoga Teacher Training Syllabus and Certification Guidelines*.

The Yoga Association of Alberta also recognizes and certifies teachers from other 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 below, be fulfilled in order for any particular training program's students to be recognized for YAA certification. See Appendix A for 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.

2. Certification Requirements Summary

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 the certification program and for recognizing a teacher's certification. An established personal practice and an apprenticeship take precedence over any short-term training. More than one teacher training program may be combined. A teacher applying for YAA Certification 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 H-3) for the Hatha Yoga Teacher Training 300-hour Equivalency Certification are:

- 100 hours of weekly Hatha Yoga classes with Senior and/or Intermediate Teacher, or equivalent
- 100 hours of Hatha Yoga Workshops including regular TTP Classes, 3 YAA-TTP Teaching Skills Workshops and 3 International Teacher Workshops, or equivalent.
- 10 hours of Anatomy and Physiology
- 20 hours of Psychology / Philosophy
- 10 hours of Breath Awareness
- 10 hours of Meditation
- 10 hours of Special Concerns & Therapeutic Applications
- 40 hours of Apprenticeship and Supervised Teaching
- written assignments (see Appendix H-5)
- CPR Certification
- YAA Residency Requirement: a minimum 10 hours of attendance at classes or workshops led by a YAA Senior Teacher or YAA sponsored International Teacher (YAA-TTP Teaching Skills Workshop or two YAA-TTP Saturday monthly classes recommended)

3. YAA Hatha Yoga Teacher Initial Certification

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.

If an applicant is missing any of the requirements for YAA Certification, partial credit towards the YAA Teacher Training Program (TTP) may be granted. The applicant must fulfill the remaining requirements while registered in the YAA TTP under the mentorship of a YAA Certified Senior Teacher. The YAA TTP may be taken after (or with) shorter, workshop-based teacher training programs to fulfill remaining YAA Certification requirements. For details on this program please see the *YAA Hatha Yoga Teacher Training Syllabus and Certification Guidelines*.

Initial Certification Required Documentation (See Appendix H for checklist.)

1. Up-to-date YAA membership. See website for membership information and application form.
2. Initial Certification Application Form with Fee Payment (**Appendix H-1**).
3. Details confirming 2 years of formal classes in hatha yoga prior to entering a Hatha Yoga Teacher Training Program.
4. YAA Hatha Yoga Teacher Training Summary Spreadsheet signed by the applicant's Senior Teacher with training hours detailed in appropriate columns (**Appendix H-2**). See Appendix H-3 for category descriptions and guidelines.
5. YAA Monthly Teacher Training Program Class Topics List signed by Senior Teacher, or details on equivalent completed program requirements (**Appendix H-4**).
6. YAA Hatha Yoga Teacher Training Assignment List signed by Senior Teacher, detailing a list of assignments completed. (**Appendix H-5**), or submit copies of written assignments.
7. CPR Certification (Level A or higher).
8. Letter of Recommendation from a Senior Teacher with whom the student has studied (**Appendix H-6**).
9. 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.
10. Copy of Hatha Yoga Teacher Certificate(s) from Hatha Yoga Teacher Training Program(s). Include syllabus if available. More than one program can be combined.
11. Record of all teaching/employment hours and class/workshop hours since initial certification, if applicable.

4. Application Processing Procedure

An applicant must submit an application, 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, March 1st for May Certification, July 1st for September Certification, or November 1st for January Certification. When the YAA 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, the applicant's name is put forward for approval to the YAA Executive. 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 Certified Hatha Yoga Teachers' names, addresses and phone numbers will be entered into the YAA Teachers' Directory and website only if a teacher submits a signed permission form, sent to teachers 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.

5. YAA Hatha Yoga Teacher Recertification

YAA Certified Hatha Yoga Teachers meet professional upgrading standards and maintain regular attendance in both classes/workshops and teaching hours. YAA Certified Hatha Yoga Teachers must apply for recertification every three years in order to maintain certification status. With further training and experience, YAA Certified Teachers may also qualify for YAA Extended Training Certification (500-hours), as well as YAA Intermediate Teacher Status (600-hours+) and YAA Senior Teacher Status (800-hours+). See the *YAA Hatha Yoga Teacher Recertification Guidelines* for details. YAA Certified Teachers may also obtain discount insurance rates under the umbrella of the YAA's insurance policy.