

Senior Teacher Guidelines

December 2018

1. Requirements for Senior and Intermediate Teacher Status

YAA Senior and Intermediate Teachers are active teaching members of the yoga community, who train hatha yoga practitioners to become teachers of hatha yoga following the training principles of the YAA. Senior and Intermediate Teachers must be mature practitioners with long-standing experience as teachers as outlined in the applicable requirements below, and must have submitted an Application for Senior or Intermediate Teacher Status, which has been approved by the Certification Committee and the Executive Board. YAA membership and recertification must remain up-to-date for this status to remain valid. See the *YAA Recertification Guidelines*, available at the website noted above, for more details and status application forms. A summary of the requirements for Senior and Intermediate Teacher Status is as follows:

1,000-Hour Level (Senior Teacher Status):

- Completion of YAA 500-Hour Level requirements, plus
- attendance in an additional 500 hours of hatha yoga classes and/or workshops, with
- 20 or more years of on-going learning and practice of hatha yoga, including
- 10 or more years of on-going teaching experience as a YAA Certified Teacher (or equivalent).

750-Hour Level (Intermediate Teacher Status):

- Completion of YAA 500-Hour Level requirements, plus
- attendance in an additional 250 hours of hatha yoga classes and/or workshops, with
- 10 or more years of on-going learning and practice of hatha yoga, including
- 5 years or more of on-going teaching experience as a YAA Certified Teacher (or equivalent).

2. Responsibilities of Senior and Intermediate Teachers

All Senior and Intermediate Teachers must be familiar with the most up-to-date version of the *YAA Teacher Training Syllabus and Certification Guidelines*, with accompanying appendices and forms, and be willing to communicate with the YAA Teacher Training and Certification Committee as necessary. This document, along with the corresponding appendices and forms (mentioned below), are all available on the YAA website noted above, or from the TTP Coordinator. Any problems, issues, or questions regarding the YAA TTP, YAA Certification, or the roles and responsibilities outlined herein, are to be directed to the Coordinator at the email address above.

Any YAA teachers recommending students for entry into the YAA-TTP are responsible for ensuring that the student is familiar with the Level One syllabus of *Asana / Pranayama Required Practices (Appendix C* in the *Syllabus* document noted above) and is ready and suitable to enter into a yoga teacher training program.

It is required that TTP students seek the guidance and training from a YAA Senior Teacher. Each student should have an assigned Senior Teacher within four months of entering the program. It is the student's responsibility to choose their mentoring teacher, who must also agree to formalize the relationship. Students having difficulties finding or choosing a Senior Teacher will be given referrals by the TTP Coordinator based on student location, interests, etc.

A TTP student may also choose a YAA Intermediate Teacher for the weekly class hours component of the program if a Senior Teacher is not easily accessible, but this is optional, and at the discretion of the Senior Teacher.

Senior Teachers:

1. As a designated Senior Teacher for a YAA-TTP student, Senior Teachers must agree to take the responsibility of having the student apprentice with them for the duration of his / her registration within the YAA-TTP. A TTP student may also choose to access weekly classes from an Intermediate Teacher. An *Apprenticeship Agreement* should be signed by all parties and returned to the YAA office.
2. The form and structure of this TTP apprenticeship will be an agreement between the Senior Teacher and the student, and most often requires the students to attend classes with the Senior Teacher on a regular basis, as well as a total minimum of 5 hours of regular meetings or consultations, plus 5 hours of supervised teaching, as outlined in the *Summary Spreadsheet Guidelines*.
3. It is the responsibility of the YAA Senior Teacher to guide the student in choosing classes and workshops to fulfill the required hours and in how to fill out the TTP documentation completely and correctly.
4. Senior Teachers are responsible for ensuring that the student has covered the entire curriculum as outlined in the *Curriculum List*, and has an introductory understanding of the constituent components.
5. Senior Teachers are responsible for reviewing all assignments as required in the *Assignments List*, providing constructive feedback. The Class/Workshop Journal can be used as a tool in meetings/consultations for the student to ask questions, and for the Senior Teacher to gauge the progress and understanding of the student. Sample *Journal Pages* are provided in the *Syllabus* document noted above. Note that Senior Teachers may or may not charge an hourly rate for individual consultations or may choose to conduct small group classes in this regard.
6. Each student is expected to practice teaching classes or a portion of classes for a minimum of 5 hours in a classroom setting under the supervision of his / her Senior Teacher.
7. By the end of the program, Senior Teachers are responsible for ensuring that the student has a working understanding of the entire syllabus of *Asana / Pranayama Required Practices (Appendix C)* and that the student is able to teach them safely and effectively on their own. At the discretion of the Senior Teacher and the YAA Teacher Training and Certification Committee, additional hours may be required beyond the minimum 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.
8. Once the student has completed all requirements, the Senior Teacher is responsible for signing the required documentation and recommending the student for YAA Certification. Please provide the following information in the reference letter, which may be given to the student or sent directly to the TTP Coordinator at the email above.
 - A character reference for the student - how well do you know him / her and how long has the student has been involved in your classes?
 - An assessment of the student's knowledge of the *Asana / Pranayama Required Practices (Appendix C)*.
 - An assessment of the student's teaching capabilities. **Are you confident that this person is ready to safely and effectively conduct a class on his / her own?**
 - Any comments or reservations that you think are relevant or might assist us in awarding a certificate.
9. Senior Teachers may also be asked to mentor YAA Certified Teachers in their preparation for YAA Intermediate and Senior Teacher Status. The form and structure of any such apprenticeship will be an agreement between the two parties, and no formal process or application is required. The Senior Teachers will be asked to provide reference letters for teachers under their mentorship to accompany advanced status applications.

Intermediate Teachers:

1. As a designated Intermediate Teacher for a YAA-TTP student, Intermediate Teachers must agree to take the responsibility of training the student in regular hatha yoga classes. An *Apprenticeship Agreement* should be signed by all parties and returned to the YAA office.
2. Intermediate Teachers must agree to collaborate with the student's chosen YAA Certified Senior Teacher in supervising the student, if at all required.

3. Monthly Teacher Training Classes

Classes in the YAA-TTP are conducted by invited YAA Certified Senior Teachers and are held one Saturday per month, in Edmonton. The sequence of classes repeats every two years. Students may begin the program at any time during the year. Students will be expected to verify to their Senior Teacher that they have completed each category required through regular meetings/consultations and the Workshop/Class Journal as outlined in the *Assignments List*. See the *Curriculum List* for a list of topics covered in the classes.

Senior Teachers must confirm that they have seen evidence that the student has satisfactorily covered and completed the subjects covered in each session. 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 Senior Teacher's discretion. For example, the student may cover the material in other classes and/or workshops, and submit a longer written report on the material. For students who are not able to access these classes, equivalent training must be completed. Senior Teachers should consult with the TTP Coordinator in advance for approval.

4. Bi-annual Teaching Skills Workshops

The YAA organizes two weekend-long workshops per year, usually in Edmonton, conducted by invited YAA Certified Senior Teachers. A minimum of 45 hours (3 x 15 hour workshops) are required within the students' program. For students living outside from the Edmonton area, every effort will be made to billet them with other students or yogis in the area. For students who are not able to access these classes, equivalent training must be completed. Senior Teachers should consult with the TTP Coordinator in advance for approval.

YAA Teaching Skills Workshops develop the teaching voice of each student through peer teaching and assessment. Students receive feedback from other students and the Senior Teacher leading the workshop, and provide constructive feedback to their peers. Effective teaching skills are practiced and emphasized.

5. Further Information

Any questions or issues regarding the YAA Teacher Training Program, YAA Certification, or the roles and responsibilities outlined herein may be directed to the YAA office, the YAA Executive, or directly to the TTP Coordinator. Contact information is listed at the top of this document.