

Yoga Association of Alberta

Recertification Guidelines

December 2018

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YOGA ASSOCIATION OF ALBERTA

RECERTIFICATION GUIDELINES

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YOGA ASSOCIATION OF ALBERTA

RECERTIFICATION GUIDELINES

Section I – Recertification

Every applicant for certification or recertification with the Yoga Association of Alberta (YAA) must be a member of the YAA in good standing, and must submit applicable documentation to the Certification Coordinator by the following application deadlines: March 1st for May certification, July 1st for September certification, and November 1st for January certification. Applications are reviewed and forwarded to the Certification and Executive Committees for approval, and approved certificates mailed by the end of the month in which they are due to expire (May, September or January).

1. Teacher Recertification

YAA Certified Teachers must maintain up-to-date YAA membership and apply for recertification every three years to maintain certification status, unless they have been approved for Permanent Certification (see Section II.4 below). Approved Senior Teachers please see Senior Teacher Recertification (Section I.2 below). If an applicant does not meet the minimum hourly requirements as outlined, please see Requests for Extension (Section I.3 below). If hours taught or attended are over and above the required hours, the applicant should record those hours as well in the application in order that a complete profile of his / her professional development is in his / her YAA Certification file. See *Appendix A* for a definition of hatha yoga.

Required Documentation is listed on the *Teacher Recertification* form. Requirements are as follows:

- A **MINIMUM TOTAL OF 240 HOURS** of hatha yoga professional development **within a three-year period** in the following categories:
 - A **minimum of 90 HOURS ATTENDING** hatha yoga classes and/or workshops (use the *Class/Workshop Attendance Hours Worksheet*). Classes and workshops should be taught by YAA Intermediate or Senior Teachers (or equivalent). Online classes or webinars are considered acceptable **only if** there is an interactive component between the teacher and participants, where participants ask questions, receive feedback from the teacher, etc.
 - A **minimum of 50 HOURS TEACHING** hatha yoga classes and/or workshops (use the *Employment Teaching Hours Worksheet*).
 - The remaining **minimum of 100 HOURS may be EITHER ATTENDING OR TEACHING** hatha yoga classes and/or workshops.

2. Senior Teacher Recertification

The YAA recognizes Senior Teachers as dedicated and accomplished teacher-practitioners. As such, learning and study in a formal way is expected to be ongoing within an established practice, although the required hours of class instruction for recertification are reduced. **Note that YAA Senior Teacher Status must first be approved.** For details please see Section II.3 - Senior Teacher Status. If an applicant does not meet the minimum hourly requirements as outlined below, see Section I.3 – Requests for Extension.

Senior Teachers may apply for recertification with less than the minimum of 90 hours of attendance in hatha yoga classes and/or workshops, provided they report a **minimum of 50 hours of attendance, and submit a short report detailing their additional hours of self-study practices, related readings, etc,** in their area of focus within the field of yoga.

3. Requests for Extension

In extenuating circumstances, a YAA Certified Teacher may be considered for an extension of his / her recertification period. If the extension required is more than one year, Provisional Certification may be granted for a maximum of two 3-year periods, where certification is maintained with less than required hours. Periods of extension and Provisional Certification are not counted towards Intermediate Teacher or Senior Teacher Status requirements.

Required Documentation is as follows:

- **Submit all documentation required for recertification** as detailed in the applicable section above, filled in with hours accumulated to date, plus
- A **letter or email** to the Certification Committee requesting an extension and detailing your circumstances and your plan for obtaining your missing requirements, including the expected time frame.

4. Permanent Certification

YAA Permanent Certification will be awarded in recognition of distinguished individuals for their years of service to the art of yoga, in both practice and teaching, and for their commitment to the YAA role and guiding principles. YAA membership must remain current for Permanent Certification to be valid. **Note that levels and status approvals (eg. 500-Hour, Intermediate and Senior Teacher Status) are not automatic and must be applied for separately.**

Required Documentation is listed on the *Application for Permanent Certification*. Requirements are as follows:

- **20 or more years of on-going teaching experience as a YAA Certified Teacher** (equivalencies not accepted), and

In addition, if the applicant has not been previously approved as a YAA Intermediate or Senior Teacher:

- A **reference letter** from a YAA Senior Teacher (or equivalent) with whom the applicant has mentored that attests to the applicants' maturity of practice and teaching skills, plus
- A **character reference** from another YAA Senior Teacher 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)*.

Section II – Advanced Training Levels

The YAA recognizes the value of further training and experience for all teachers in the yoga community. YAA Certified Teachers with attendance in additional hours of hatha yoga classes and/or workshops since approval of their original 300-Hour Certification may apply for other certification levels, if they wish to do so, but these are optional and not a requirement. See *Appendix A* for a definition of hatha yoga.

Upgrading should be done with YAA Intermediate or Senior Teachers (or equivalent). It is highly recommended that all YAA Certified Teachers maintain ongoing affiliation with at least one YAA Senior Teacher, as reference letters are required for status approvals. Although the same hours submitted for level and status approval may also be used towards recertification, an ***Application for Recertification must be submitted separately, when due.*** Upon approval, a new certificate will be issued, and expiry dates will remain in line with the teacher's current recertification schedule. Requirements for the advanced training levels is as follows:

1. 500-Hour Level Certification

YAA Certified Teachers who have attended an additional 200 hours of hatha yoga classes and/or workshops since their initial 300-Hour Certification may apply for 500-Hour Level Certification.

Required Documentation is listed on the *Application for 500-Hour Level Certification*. Requirements are as follows:

- Attendance in an **additional 200 hours** of hatha yoga classes and/or workshops taught by YAA Intermediate or Senior Teachers (or equivalent) since approval of YAA 300-Hour Certification. These hours must include the following component:
 - **15 hours of Anatomy & Physiology** (may be non-contact hours, eg. on-line courses, book reports, etc.).

2. 750-Hour Level Certification - Intermediate Teacher Status

A YAA Intermediate Teacher is a person who teaches weekly hatha yoga classes that YAA TTP students are able to attend in order to meet the weekly hatha yoga classes requirement; who works in collaboration with the TTP student's chosen Senior Teacher in supervising students. See the *YAA TTP Syllabus and Certification Guidelines* for full details of the YAA Teacher Training Program (TTP) and the *YAA TTP Guidelines for Senior Teachers* for roles and responsibilities of Intermediate Teachers.

Required Documentation is listed on the *Application for Intermediate or Senior Teacher Status*. Requirements are as follows:

- Completion of **500-Hour Level Certification** requirements (see above), plus
- Attendance in an **additional 250 hours** of hatha yoga classes and/or workshops taught by YAA Intermediate or Senior Teachers (or equivalent),

- **10 or more years of on-going learning and practice** of hatha yoga, including
- **5 or more years of on-going teaching experience** as a YAA Certified Teacher (or equivalent), with
- **1,000 or more hours of teaching experience**, plus
- A **reference letter** from a YAA Senior Teacher (or equivalent) with whom the applicant has mentored that attests to the applicants' maturity of practice and teaching skills, and
- A **character reference** from another YAA Senior Teacher 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)*.

3. **1,000-Hour Level Certification - Senior Teacher Status**

A YAA 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 who has long-standing experience as teacher and practitioner. See the *YAA TTP Syllabus and Certification Guidelines* for full details of the YAA Teacher Training Program (TTP) and the *YAA TTP Guidelines for Senior Teachers* for roles and responsibilities of Senior Teachers.

Required Documentation is listed on the *Application for Intermediate or Senior Teacher Status*. Requirements are as follows:

- Completion of **500-Hour Level Certification** requirements (see above), plus
- Attendance in an **additional 500 hours** of hatha yoga classes and/or workshops taught by YAA Intermediate or Senior Teachers (or equivalent),
- **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), with
- **2,000 or more hours of teaching experience**, plus
- A **reference letter** from a YAA Senior Teacher (or equivalent) with whom the applicant has mentored that attests to the applicants' maturity of practice and teaching skills, and
- A **character reference** from another YAA Senior Teacher 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)*.

YOGA ASSOCIATION OF ALBERTA

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 Svamarama (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.

TEACHER RECERTIFICATION

- * Applicants must have initial YAA Certification and maintain YAA membership in good standing. *
- * Applications must be received by the applicable deadline (March 1st for May certification, July 1st for September certification, and November 1st 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) _____

See Section II of the *YAA Hatha Yoga Teacher Recertification Guidelines* for more details on recertification requirements, advanced training levels and status applications. If you have taught or attended workshops / 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 file. If you do not meet the minimum hourly requirements as outlined below, please see *Section 1.3 - Requests for Extension*.

Please submit this form to the above address or email with the following:

- YAA membership must remain current for Certification to be valid. We highly recommend purchasing 3 years or a lifetime membership** (\$30/year or \$350 lifetime) – attach cheque or pay online through the website.
- Recertification Fee** (\$75) – attach cheque or pay online through the website.
- ONLY** if your YAA Certification has previously expired please also add a **Reinstatement fee** (\$50).
- ONLY** if you are applying for an extension please submit request with details and also add an **Extension fee** (\$25/year).
- Record of a **MINIMUM TOTAL OF 240 HOURS** of hatha yoga (see Appendix A for definition of hatha yoga) professional development **within each three-year period** in the following categories:
 - A minimum of 90 HOURS ATTENDING** hatha yoga classes and/or workshops (use the *Class/Workshop Attendance Hours Worksheet*). Classes and workshops must be taught by YAA Intermediate or Senior Teachers (or equivalent) for credit towards Advanced Training Levels. Online classes or webinars are considered acceptable **only if** there is an interactive component between the teacher and participants, where participants ask questions, receive feedback from the teacher, etc.
 - *Approved Senior Teachers ONLY: If your class attendance hours total between 50-90, please submit a short report** detailing your additional **hours of self-study practices, related readings, etc**, in your area of focus within the field of yoga.
 - A minimum of 50 HOURS TEACHING** hatha yoga classes and/or workshops (use the *Employment Teaching Hours Worksheet*).
 - 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 * Report may be required from Senior Teachers
 + _____ HOURS TEACHING
 = _____ **HOURS REPORTED**

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. I also hereby agree to adhere to the YAA Code of Ethics and Guidelines for YAA Certified Teachers.

Applicant Signature: _____ Date: _____

Yoga Association of Alberta Class / Workshop Attendance Hours

Name: _____

Date: _____

<i>Date(s)</i> <i>(Classes may be grouped by term)</i>	<i>Title & Description of Workshop or Classes</i>	<i>Class Location / Studio</i>	<i>Instructor (First and Surname)</i>	<i>Total Hours of Workshop or Classes</i>	<i>Estimate % of class time spent on asana training</i>
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			Total Hours	0	For Information Only

Use as many pages as necessary.
Also available as Excel file on www.yoga.ca

**APPLICATION FOR
PERMANENT CERTIFICATION**

- * YAA membership must remain current for Permanent Certification to be valid.*
* Applications must be received by the applicable deadline (March 1st for May certification, July 1st for September certification, and November 1st 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) _____

The YAA's Permanent Certification is awarded in recognition of distinguished individuals for their years of service to the art of yoga, in both practice and teaching, and for their commitment to the YAA role and guiding principles. **Note that levels and status approvals are not automatic and must be applied for separately. Full requirements are outlined in Section II of the YAA Recertification Guidelines.**

Applicants for Permanent Certification must have 20 or more years of on-going teaching experience as a YAA Certified Teacher (equivalencies not accepted).

Please submit this form to the above address or email with the following:

- YAA membership must remain current for Permanent Certification to be valid. We highly recommend purchasing a lifetime membership (\$30/year or \$350 lifetime) – attach cheque or pay online.**
- Permanent Certification Fee (\$150) – attach cheque or pay online through the website.**
- Prior approval as a YAA Intermediate or Senior Teacher, OR please request the following** (letters may be attached or sent directly to the Certification Coordinator at the email above):
 - A reference letter** from a YAA Senior Teacher (or equivalent) with whom the applicant has mentored that attests to the applicants' maturity of practice and teaching skills, and
 - A character reference** from another YAA Senior Teacher 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.

Please provide the following information for review by the YAA Certification Committee:

1. Please describe the nature of your present yoga practice and teaching (e.g. tradition, style, types of practices, areas of interest, expertise). (Use more pages or back of sheet as necessary.)
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The information on this form is used to determine eligibility in YAA programs and may be made available to the Executive, Certification Committee, yoga teachers and staff at the YAA. By signing below, I affirm that the information herein and all documents attached to this application are correct, complete and true to the best of my knowledge. I have read, understood and accept the stipulations of YAA Certification as outlined in the *YAA Recertification Guidelines* and will adhere to the *YAA Code of Ethics – Guidelines for YAA Certified Teachers (Appendix B)*. As well, I agree to have my name, phone number, and training program listed in the YAA Teacher Directory which is published in *Yoga Bridge* and on the YAA website. All other information is kept confidential. The YAA does not sell databases to third parties. I agree to receive commercial electronic emails from the YAA. I also give permission for photographs of myself taken at workshops to be used for publication purposes. My photograph can be used for YAA business or newsletter.

Applicant Signature: _____ Date: _____

**APPLICATION FOR
500-HOUR LEVEL CERTIFICATION**

- * Applicants must have initial YAA Certification and maintain YAA membership in good standing. *
- * Applications must be received by the applicable deadline (March 1st for May certification, July 1st for September certification, and November 1st 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) _____

The YAA's 500-Hour Level Certification recognizes those practitioners who have completed the initial YAA 300-Hour Certification, plus an additional 200 hours of training in hatha yoga workshops or classes with YAA Intermediate or Senior Teachers (or equivalent). See Section II of the *YAA Hatha Yoga Teacher Recertification Guidelines* for more details on recertification requirements and advanced training and status applications. See *Appendix A* for a definition of hatha yoga.

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

- Level and Status Approval Fee** (\$50) – attach cheque or pay online through the website.
- Record of a minimum of **200 HOURS ATTENDING** hatha yoga classes and/or workshops taught by Intermediate or Senior Teachers (or equivalent), since initial 300-Hour Certification. Teaching hours may not be used towards these requirements. These hours must include the following component (please highlight):
 - 15 hours of Anatomy & Physiology** (may be non-contact hours eg. book reports, on-line courses, etc.)

Upon approval, a new certificate will be issued, and expiry dates will remain in line with the teacher's current recertification schedule. Records from previous and current recertification periods may be used (*Class/Workshop Attendance Hours Worksheets*). Although the same hours submitted for this application may also be used towards recertification, an **Application for Recertification must be submitted separately, when due.**

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. I also hereby agree to adhere to the YAA Code of Ethics and Guidelines for YAA Certified Teachers.

Applicant Signature: _____ Date: _____

APPLICATION FOR INTERMEDIATE OR SENIOR TEACHER STATUS

- * Applicants must have initial YAA Certification and maintain YAA membership in good standing. *
- * Applications must be received by the applicable deadline (March 1st for May certification, July 1st for September certification, and November 1st 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) _____

The YAA recognizes **Intermediate and Senior Teachers** as experienced teachers and practitioners who may train hatha yoga practitioners to become teachers of hatha yoga in alignment with the training principles of the YAA. **Full requirements are outlined in Section II of the YAA Recertification Guidelines.** A summary of the requirements is as follows.
Please check off which level you are applying for:

- Intermediate Teachers** must have a minimum of **750 Hours** of training with **10 or more years of on-going learning and practice** of hatha yoga, including **5 or more years of on-going teaching experience** as a YAA Certified Teacher (or equivalent), **with a minimum of 1,000 hours of teaching experience.**
- Senior Teachers** must have a minimum of **1,000 Hours** of training 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), **with a minimum of 2,000 hours of teaching experience.**

Upon approval, a new certificate will be issued, and expiry dates will remain in line with the teacher's current recertification schedule. Records from previous and current recertification periods may be used. Although the same hours submitted for this application may also be used towards recertification, an ***Application for Recertification* must be submitted separately, when due.**

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

- Level and Status Approval Fee** (\$50) – attach cheque or pay online through the website.
- Records of ATTENDING hatha yoga classes and/or workshops since most recent YAA Certification** (*Class/Workshop Attendance Hours Worksheets*).
Hours must include the following component (if not reported at the 500-Hour Level):
 - 15 hours of Anatomy & Physiology** (may be non-contact hours eg. book reports, on-line courses, etc. - please highlight on worksheet).
- Records of TEACHING hatha yoga classes and/or workshops since most recent YAA Certification** (*Employment/Teaching Hours Worksheets*).
- A **reference letter** from a YAA Senior Teacher (or equivalent) with whom the applicant has mentored that attests to the applicants' maturity of practice and teaching skills.
- A **character reference** from another YAA Senior Teacher that verifies that their professional conduct reflects the YAA Code of Ethics and the Guidelines for YAA Certified Teachers based on the Code of Ethics.

Note: Letters must be submitted for each application and may be included or sent directly to cert@yoga.ca.

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Please provide the following information for review by the YAA Certification Committee: (Use more pages as necessary.)

- 1. For how many years have you practiced yoga regularly? _____ years.
- 2. In what year did you first start taking hatha yoga classes in a formal setting? _____
- 3. Give a synopsis of the history of your early yoga practice and teacher training. Give specific details such as workshop titles and instructors and names of weekly class teachers, if not already outlined in YAA documentation.

- 4. Describe the nature of your present yoga practice. (e.g. Tradition, style, types of practices, areas of interest, expertise).

- 5. Briefly describe the hatha yoga classes that you teach.

- 6. The YAA program requires that TTP students seek ongoing guidance and training from a YAA Senior Teacher and may also choose a YAA Intermediate Teacher. YAA Intermediate and Senior Teachers have a number of roles and responsibilities, which are outlined in *the YAA Senior Teacher Guidelines* and the *YAA TTP Syllabus and Certification Guidelines*, which can be downloaded from the YAA website at www.yoga.ca.

_____ Please initial that you have read and agree to uphold the Intermediate/Senior Teacher responsibilities as outlined in the most recent *YAA Senior Teacher Guidelines*, dated _____.

_____ Please initial that you have read and are familiar with the most recent *YAA TTP Syllabus and Certification Guidelines*, dated _____.

The information on this form is used to determine eligibility in YAA programs and may be made available to the executive, certification committee, yoga teachers and staff at the YAA. By signing below, I affirm that the information herein and all documents attached to this application are correct, complete and true to the best of my knowledge. I have read, understood and accept the stipulations of YAA Certification as outlined in the *YAA Recertification Guidelines* and will adhere to the *YAA Code of Ethics – Guidelines for YAA Certified Teachers (Appendix B)*. As well, I agree to have my name, phone number, and training program listed in the YAA Teacher Directory which is published in *Yoga Bridge* and on the YAA website. All other information is kept confidential. The YAA does not sell databases to third parties. I agree to receive commercial electronic emails from the YAA. I also give permission for photographs of myself taken at workshops to be used for publication purposes. My photograph can be used for YAA business or newsletter.

Print Name: _____

Signature: _____

Date: _____