



# Mentorship Guidelines

Revised March 2025

*This program is funded in part by:*



## Table of Contents

### **SECTION I – MENTORSHIP GUIDELINES**

1. Requirements for Senior and Intermediate Teacher Status .....	2
A. Senior Teachers .....	2
B. Intermediate Teachers .....	2
2. Responsibilities of Mentors .....	2
A. Senior Teacher Mentors .....	3
B. Intermediate Teachers .....	4

### **SECTION II – PROGRAM INFORMATION**

1. Monthly Core Curriculum Classes .....	4
2. Teaching Skills Workshops.....	4
3. Advanced Training Levels .....	4
4. Further Information.....	4

### **SECTION III – FORMS**

5. Application for Intermediate or Senior Teacher Status .....	5
--	---

## **SECTION I – MENTORSHIP GUIDELINES**

### **1. Requirements for Senior and Intermediate Teacher Status**

**Yoga Association of Alberta (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 applied for Senior or Intermediate Teacher Status and been approved by the Certification Committee and the Executive Board.

YAA membership and recertification must remain up-to-date and in good standing for this status to remain valid. See website at [yoga.ca](http://yoga.ca) for more details and status application forms. A summary of the requirements for Senior and Intermediate Teacher Status is as follows:

#### **A. 1,000-Hour Level (Senior Teacher Status):**

- YAA Certification at the **500-Hour Level**
- 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.**
- Two Reference letters are also required.

#### **750-Hour Level (Intermediate Teacher Status):**

- YAA Certification at the **500-Hour Level**
- 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.**
- Two Reference letters are also required.

### **2. Responsibilities of Mentors**

**Mentorship is a significant commitment that requires dedicated time, energy, and responsibility from YAA Senior Teachers. As a result, not all Senior Teachers are available to take on students, and those who do carefully consider their capacity before accepting a mentee. Mentors provide guidance, review assignments, supervise practice teaching, and recommend students for certification when they are ready to teach.**

**All Senior and Intermediate Teachers must be familiar with the most up-to-date version of the *YAA Teacher Training Program (TTP) Syllabus and Certification Guidelines* and be willing to communicate with the TTP & Certification Coordinator and Committee as necessary.** All appendices and forms mentioned below can be found in this document which is available from the Certification Coordinator. Any problems, issues, or questions regarding the TTP, Certification, or the roles and responsibilities outlined herein, are to be directed to [coordinator@yoga.ca](mailto:coordinator@yoga.ca).

It is required that TTP students seek ongoing guidance and training from a YAA Senior Teacher. Each student should choose a YAA Senior Teacher with whom to apprentice (hereinafter called the Mentor) within four months of entering the program. The Mentor must also agree to formalize the relationship. Students having difficulties finding or choosing a Mentor will be given referrals by the TTP Coordinator based on student location, interests, etc.

A TTP student may also choose a YAA Intermediate Teacher with whom to take the weekly class hours component of the program if the Mentor's classes are not easily accessible, but this is optional, and at the discretion of the Mentor.

#### A. Senior Teacher Mentors:

1. Mentors must agree to take the responsibility of having the student apprentice with them for the duration of his / her registration within the YAA-TTP. An *Apprenticeship Agreement* should be signed by all parties and returned to the YAA office. Either party may terminate the agreement by submitting a request in writing to the YAA Office.
2. The form and structure of this TTP apprenticeship will be an agreement between the Mentor and the student. All requirements for the TTP are outlined in the *Summary Spreadsheet Guidelines*. These arrangements are to be made directly between the student and Mentor. Mentors set their own schedules and rates for classes, workshops and practicum hours and are responsible for collecting their own payments.
3. Mentors must agree to provide a total minimum of 10 hours of practicum which consists of regular meetings or consultations with the student on an individual basis or in a small group, with a minimum of 2 hours of Mentor supervised teaching in a classroom setting.
4. This agreement most often also requires that students attend regular (usually weekly) classes with their mentor throughout their time in the program, although these personal practice hours are not counted in the program. Mentors may also provide other training and workshops that fulfill other requirements of the program (e.g. 50 hours of Other Senior Teacher Workshops), or students can obtain these from other qualified sources.
5. It is the responsibility of the Mentor to guide the student in choosing classes and workshops to fulfill the required hours and in how to fill out all the TTP documentation completely and correctly.
6. The *Class/Workshop Journal Pages* can be used as a tool in practicum meetings/consultations for the student to ask questions, and for the Mentor to gauge the progress and understanding of the student.
7. Mentors are responsible for reviewing all assignments in the *Assignments List* and providing constructive feedback.
8. By the end of the program, Mentors are responsible for ensuring that the student has covered the entire curriculum as outlined in the *Curriculum Checklist* and has an introductory understanding of the constituent theory components, which are covered in the TTP Monthly Core Curriculum classes. See Section III below.
9. By the end of the program, Mentors 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.
10. At the discretion of the Mentor and the TTP and Certification Committee, additional hours may be required beyond the minimum requirements in any category. Note that depending on the students' interests and their course through the program, students 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, their status will be reviewed by the TTP and Certification Committee and the application fee will need to be repaid.
11. Once the student has completed all requirements, the Mentor is responsible for signing the required documentation and recommending the student for YAA Certification. Mentors should provide the following information in the reference letter, which may be given to the student or sent directly to the 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 in the TTP Guidelines)*.
  - 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.

## B. Intermediate Teachers:

1. As a designated Intermediate Teacher for a YAA-TTP student, Intermediate Teachers agree to take the responsibility of training the student in regular hatha yoga classes. This arrangement must be approved by the student's Mentor. An *Apprenticeship Agreement* should be signed by all parties and returned to the YAA office.
2. Intermediate Teachers may be asked to cooperate with the student's chosen Mentor.

## **SECTION II – PROGRAM INFORMATION**

### **1. Monthly Core Curriculum Classes & Teaching Skills Workshops**

Core Curriculum Classes in the YAA-TTP are conducted by invited YAA Certified Senior Teachers and are held one weekend per month, in Edmonton and on Zoom. The YAA also organizes two Teaching Skills Workshops per year, within the Core Curriculum schedule. 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.

The sequence of classes repeats every year. Students may begin the program at any time during the year. See the website for the current schedule of classes and the TTP Guidelines for details.

If a student is unable to attend a particular class, it can be taken in the next year's cycle, or else the material must be covered in a different form, at the Mentor's discretion. For example, the student may cover the material in other classes and/or workshops led by the Mentor or other qualified teachers, plus submit a more in-depth written report on the material. Mentors should consult with the TTP Coordinator in advance for approval for equivalent training.

## **SECTION III – OTHER INFORMATION**

### **1. Advanced Training Levels**

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 the student's 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 and Permanent Certification (available after 20 years of YAA Certification).**

### **2. Further Information**

Please direct any questions or issues regarding the YAA-TTP, YAA Certification, or the roles and responsibilities outlined herein to the TTP & Certification Coordinator at [coordinator@yoga.ca](mailto:coordinator@yoga.ca), the YAA Executive Director at [yaa@yoga.ca](mailto:yaa@yoga.ca), or the YAA Executive.

**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 1<sup>st</sup> for May certification, July 1<sup>st</sup> for September certification, and November 1<sup>st</sup> for January certification.) \*

Name: _____	E-mail Address: _____
Address: _____	
City/Province: _____	Postal Code: _____
Phone Number: (Main) _____	(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. See Section II of the *YAA Recertification & Advanced Training Levels Guidelines* for more details on Recertification requirements and advanced training and status applications. See *Appendix A* for a definition of hatha yoga.

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 YAA Intermediate or Senior Teachers (or equivalent), **10 or more years of on-going learning and practice** of hatha yoga, **5 or more years of on-going teaching experience** as a YAA Certified Teacher (or equivalent), **and a minimum of 1,000 hours of teaching.**
  
- Senior Teachers** must have a minimum of **1,000 Hours** of training with YAA Intermediate or Senior Teachers (or equivalent), **20 or more years of on-going learning and practice** of hatha yoga, **10 or more years of on-going teaching experience** as a YAA Certified Teacher (or equivalent), **and a minimum of 2,000 hours of teaching.**

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 (\$75)** – attach cheque or pay online through the website.
- Completion of **500-Hour Level Certification** requirements, **plus**
  - Records of ATTENDING hatha yoga classes and/or workshops since most recent YAA Certification** (*Class/Workshop Attendance Hours Worksheets*) fulfilling level requirements as noted above.
  - Records of TEACHING hatha yoga classes and/or workshops since most recent YAA Certification** (*Employment/Teaching Hours Worksheets*) fulfilling level requirements as noted above.
- Two reference letters as outlined below** (letters may be sent directly to the Certification Coordinator at the email above). **At least one of these letters must be from a YAA Certified Senior Teacher** (equivalencies not accepted):
  - 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.

.../2

Please provide the following information for review by the YAA Certification Committee: (Use more pages as necessary or send an email with your application.)

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, and your main teachers.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
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.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The YAA Teacher Training Program (TTP) requires that students seek ongoing guidance and training from a YAA Senior Teacher and they may also choose a YAA Intermediate Teacher with whom to take weekly classes. YAA Intermediate and Senior Teachers have a number of roles and responsibilities, which are outlined in the YAA Mentorship Guidelines and the YAA TTP Syllabus and Certification Guidelines. For up-to-date Guidelines documents please contact [cert@yoga.ca](mailto:cert@yoga.ca).

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

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

**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.** 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.

**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).** Certified Teachers must maintain up-to-date contact information with the YAA office and respond to requests for information regarding their teaching activities.

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