



# Yoga Therapist Curriculum Mapping Document

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Membership Reference#: \_\_\_\_\_

This document is for the purposes of mapping the qualifications you hold to the YogaNZ Membership Curriculum Level requirements so as to provide the best membership level applicable to the qualification, experience and knowledge covered in your Yoga Teacher training.

Please map your qualification by completing the relevant hours and summaries of subjects covered for each of the sections – with refernces to your supporting documentation.

Curriculum Area	Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference	
<b>Yoga Foundations 120 Hours minimum for this section</b>					
Yoga Teachings and Philosophy 35 hours minimum	<p>Yoga Teachings and Philosophy</p> <ul style="list-style-type: none"> <li>&gt; Familiarity with the evolution of the teachings and philosophy of the yoga tradition and its relevance and application to yoga therapy, including teachings from Vedic and post-Vedic periods, Samkhya, Yoga, Tantra, and Ayurveda.</li> </ul> <p>Examples of concepts and models from the above teachings and philosophy relevant to yoga therapy, include but are not limited to:</p> <ul style="list-style-type: none"> <li>a. tanmatra/bhuta/indriya (subtle element/gross elements/ senses);</li> <li>b. purusha/prakrti (consciousness/material world);</li> <li>c. pancamaya kosha (dimensions of the human system);</li> <li>d. guna (fundamental forces of nature);</li> <li>and e. duhkha (suffering/discomfort).</li> </ul>				
Yoga and the Mind 35 hours minimum	<ul style="list-style-type: none"> <li>&gt; Knowledge of yoga perspectives on the structure, states, functioning, and conditions of the mind, including, but not limited to:               <ul style="list-style-type: none"> <li>&gt; drashttr (seer), drshya (seen);</li> <li>&gt; antahkarana citta (consciousness), buddhi (intellect), ahamkara (ego), manas (mind);</li> <li>&gt; citta vrtti (activities of the mind), citta parinama (structural changes in the mind), vyutthana/nirodha (mind's potential for distraction and focus);</li> <li>&gt; artha (cognition), bhava (mood), svabhava (inborn nature), vasana (residue</li> </ul> </li> </ul>				

Curriculum Area	Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference
<p>Yoga and the Mind 35 hours minimum contd.</p> <p>of experience), samskara (conditioned pattern of thinking and behavior); and</p> <ul style="list-style-type: none"> <li>&gt; states of mind: mudha (stupefied/dull), kshipta (disturbed), vikshipta (alternating between distraction and focus), ekagrata (one-pointed), nirodha (focus enveloped/held/ restrained), vaishvanara (waking), taijasa (dream), prajña (deep sleep), turiya (beyond)</li> <li>&gt; Knowledge of yoga perspectives on distracted/disturbed conditions of mind and their expressions as expressed in such texts as the Yoga Sutras, the Bhagavad Gita, and other texts, including but not limited to:               <ul style="list-style-type: none"> <li>&gt; klesha (affliction);</li> <li>&gt; lobha, krodha, and moha (greed, anger, attachment);</li> <li>&gt; duhkha and daurmanasya (suffering/discomfort and negative attitude/thinking), sarupyam (identification with the contents of the mind or seer taking the same form as the mind); and</li> <li>&gt; antaraya (obstacles to progress in yoga).</li> </ul> </li> </ul>				

Curriculum Area	Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference
<p>Yogic Framework for Health and Disease 50 hours minimum</p> <ul style="list-style-type: none"> <li>&gt; Knowledge of the basic perspectives on health and disease from yoga and Ayurveda relevant to the practice of yoga therapy, including the concepts of:               <ul style="list-style-type: none"> <li>&gt; panca maya (kosha) (fundamental structure of the human system)</li> <li>&gt; subtle anatomy;</li> <li>&gt; tri-dosha (effect of the elements on the physical body);</li> <li>&gt; tri-guna (effect of sattva (equilibrium), rajas (activity), tamas [inertia]);</li> <li>&gt; prakrti/vikrti (dosha constitution at birth/imbalance of the dosha currently expressed in the body);</li> <li>&gt; ama (undigested food, emotions, etc. accumulated in the body);</li> <li>&gt; agni (internal fire(s) and their contribution to health);</li> <li>&gt; prana vayu (prana, apana, vyana, udana, samana);</li> <li>&gt; prana prakopa (disturbance of the vayu);</li> <li>&gt; surya/chandra (sun/moon);</li> <li>&gt; brmhana/langhana (expansion/contraction); and</li> <li>&gt; vyuha model: heya (the symptoms), hetu (the causes), hana (the goal), upaya(the tools).</li> <li>&gt; In depth knowledge of categorising illness, including:                   <ul style="list-style-type: none"> <li>&gt; Development/evolution of disease (samprapti [pathogenesis]), including but not limited to direction, intensity, onset, and duration and their influence on the ease or difficulty of healing and disease</li> </ul> </li> </ul> </li> </ul>				

Curriculum Area	Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference
<p>Yogic Framework for Health and Disease 50 hours minimum contd.</p>	<p>management. &gt; Setting priorities: symptoms/pacification (shamana [short term]) and purification/strengthening (shodhana [long term]).</p>			

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<b>Biomedical and Psychological Foundations</b>				
Anatomy and Physiology 75 hours minimum	<ul style="list-style-type: none"> <li>&gt; Knowledge of human anatomy and physiology, including all major systems of the body and their interrelationships, as relevant to the work of a yoga therapist.</li> <li>&gt; Knowledge of biomechanics and movement as they relate to the practice of yoga and the work of a yoga therapist.</li> <li>&gt; Knowledge of common pathologies and disorders of all the major systems, including symptoms, management, illness trajectories, and contraindications, as relevant to the work of a yoga therapist</li> </ul>			
Additional Biomedical Knowledge 20 hours minimum	<ul style="list-style-type: none"> <li>&gt; Familiarity with commonly used drugs and surgical procedures, as relevant to the work of a yoga therapist.</li> <li>&gt; Familiarity with common medical terminology.</li> <li>&gt; Knowledge of how to reference current healthcare information relevant to the work of a yoga therapist, including pathologies, disorders, drugs, and surgical procedures, as relevant to the work of a yoga therapist.</li> </ul>			
Psychology and Mental Health 45 hours minimum	<ul style="list-style-type: none"> <li>&gt; Basic knowledge of commonly occurring mental health conditions—from psychological distress to psychiatric conditions— their symptoms, and common approaches/interventions, as they relate to the work of a yoga therapist.</li> <li>&gt; Basic knowledge of psychological concepts and terminology, including mood, cognition, behavior, and personality, as relevant to the work of a yoga therapist</li> </ul>			

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Additional Knowledge 15 hours minimum	<ul style="list-style-type: none"> <li>&gt; Familiarity with models of human development, including developmental stages, lifecycles, and personality, and their importance to medical and psychological health and well-being.</li> <li>&gt; Familiarity with the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives of health and healing.</li> </ul>				
Body Mind Integration 15 hours minimum	<ul style="list-style-type: none"> <li>&gt; Knowledge of the interaction of the body, breath, mind, intellect, and emotions in health and well-being.</li> </ul>				
<b>Yoga Therapy Tools and Therapeutic Skills</b>					
Yoga Therapy Tools 75 hours minimum	<ul style="list-style-type: none"> <li>&gt; In-depth knowledge of the application of yama and niyama in the context of yoga therapy.</li> <li>&gt; In-depth knowledge of the range of yoga practices and their potential therapeutic effects for common conditions. Practices may include, but are not limited to:               <ul style="list-style-type: none"> <li>&gt; asana (postures);</li> <li>&gt; pranayama (regulated breathing);</li> <li>&gt; meditation and relaxation techniques such as bhavana (visualisation), mantra (recitation), and ritualised activities such as nyasa and mudra; and</li> <li>&gt; vihara (lifestyle modifications) including basic yogic dietary concepts.</li> </ul> </li> <li>&gt; In-depth knowledge of contraindications of yoga practices for specific conditions and circumstances.</li> </ul>				

Curriculum Area		Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference
Basic Principles of the Therapeutic Relationship 35 hours minimum	<ul style="list-style-type: none"> <li>&gt; In-depth knowledge of, and observed capacity for, well- developed communication skills: listening, presence, directive and non-directive dialogue.</li> <li>&gt; Demonstrated ability to recognise, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship.</li> <li>&gt; Demonstrated ability to recognise and manage the subtle dynamics inherent in the therapist/client relationship.</li> <li>&gt; In-depth knowledge of the scope of practice of yoga therapy and how to assess the need for referral to other professional services.</li> </ul>				
Principles and Skills for Educating Clients/Students 60 hours minimum	<ul style="list-style-type: none"> <li>&gt; In-depth knowledge of and demonstrated ability to implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the client's/student's progress, and cope with unique difficulties/successes.</li> <li>&gt; In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the therapeutic process.</li> <li>&gt; In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the client/student.</li> <li>&gt; In-depth knowledge of how to translate practicum preparation, such as clinical observation of yoga therapy sessions, role playing and case study into effective practicum delivery.</li> </ul>				



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<p>Principles and Skills for Working with Groups 15 Hours minimum</p>	<p>&gt; Basic knowledge of and demonstrated ability to design, implement, and evaluate group programs. &gt; Familiarity with group dynamics and techniques, including communication skills, time management, and the establishment of priorities and boundaries, as well as techniques to address the specific needs of individual participants, to the degree possible in a group setting.</p>			

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<b>Practicium</b>					
Providing Yoga Therapy Minimum of 150 hours of practicum delivery	<ul style="list-style-type: none"> <li>&gt; Demonstrated ability to conduct intake and assess the client/ student, including:</li> <li>&gt; Taking a history of the client and his/her condition(s); and</li> <li>&gt; Assessing the current condition using the tools relevant to the yoga therapist, including an evaluation of the physical, energetic, mental, emotional, and spiritual dimensions of well- being</li> <li>&gt; Demonstrated ability to elicit the goals, expectations, and aspirations of the client/student.</li> <li>&gt; Demonstrated ability to integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities.</li> <li>&gt; Demonstrated ability to apply knowledge of how to determine which aspects of the client/student's conditions, goals, and aspirations might be addressed through yoga therapy.</li> <li>&gt; Demonstrated ability to identify priorities and set both long- and short-term goals with the client/student.</li> <li>&gt; Demonstrated ability to apply knowledge of pacification,</li> </ul>				

Curriculum Area	Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference
<p>Providing Yoga Therapy Minimum of 150 hours of practicum delivery contd.</p> <p>purification, and strengthening strategies. &gt; Demonstrated ability to apply knowledge of how to combine intake, evaluation, observations, and working assessment to develop an appropriate practice or session strategy for individual clients/students as well as group classes, taking into consideration the holistic nature of the individual. &gt; Demonstrated ability to apply knowledge of how to choose and prioritise the use of yoga tools and techniques, including selecting, sequencing, adapting, and modifying yoga practices appropriate to the needs of clients. &gt; Demonstrated ability to teach or deliver the appropriate practices for individuals as well as groups, taking into consideration the assessment of their conditions, limitations, possibilities, and the overall practice strategy. &gt; Demonstrated ability to facilitate the client/student's experience of the practice, including: &gt; providing instruction, demonstration, education of the client/ student using multimodal strategies of education such as auditory,</p>				

Curriculum Area	Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference
<p>Providing Yoga Therapy Minimum of 150 hours of practicum delivery contd.</p>				

Curriculum Area	Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference
<b>Professional Practice</b>				
Ethical Principles 10 hours minimum	<ul style="list-style-type: none"> <li>&gt; In-depth knowledge of yoga practices and methods for self- inquiry related to establishing, practicing, and maintaining ethical principles.</li> <li>&gt; In-depth knowledge of generally accepted ethical principles of health care codes of conduct and yoga's ethical principles.</li> <li>&gt; Demonstrated ability to apply knowledge of generally accepted ethical principles and related concepts from the yoga tradition to professional interactions and relationships.</li> <li>&gt; In-depth knowledge of the scope of practice of yoga therapy, resulting in the demonstrated ability to discern the need for referral to other modalities.</li> <li>&gt; Knowledge of the extent of one's own individual training, skills, and evolving experience in yoga therapy, and knowledge of the importance of practicing within such parameters.</li> </ul>			
Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy 5 hours minimum	<ul style="list-style-type: none"> <li>&gt; Knowledge of current relevant local, state, and national laws and regulations impacting the work of a yoga therapist.</li> <li>&gt; Basic knowledge of business practices relevant to the work of a yoga therapist, including record keeping, planning, and financial management.</li> </ul>			

Curriculum Area	Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference
Relationships with Peers, Mentors, Clinicians, and Organisations 5 hours minimum	> Basic knowledge of other healthcare fields and their potential role in and relevance to the work of a yoga therapist. > Basic knowledge of how to establish, maintain, and utilise a referral network of peers and related healthcare practitioners and organisations. > Basic knowledge of how to establish, maintain, and utilise a referral network of peers and related healthcare practitioners and organisations.			
Personal and Professional Development and Continuing Education 5 hours minimum	> Knowledge of the fundamental value of ongoing personal practice, long-term mentorship, and skills maintenance/ development through continuing education. > Knowledge of when and how to seek advice and support for case consultation, educational advancement, and personal practice.			

I confirm the information supplied is true and accurate Name: \_\_\_\_\_ Signed: \_\_\_\_\_  
 Date: \_\_\_\_\_