



**YOGA**  
New Zealand

# YogaNZ Membership Curriculum Mapping Document

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

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

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 references to your supporting documentation.

Curriculum Area	Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference <i>(to your own supporting documentation)</i> .
<p><b>Anatomy and Physiology:</b> -Study of the anatomy and functional physiology of bodily systems.</p> <p>L1: 30/5 L2: 30/5 L3: 50/10 L4: 90/20 (study hours/ applying to yoga teaching hours)</p>				
<p><b>Yogic Physiology:</b> - Study of subtle yogic physiology and energy fields, such as: nadis, koshas, chakras, gunas. etc. (study of Ayurveda not counted)</p> <p>L1: 5 L2: 20 L3: 30 L4: 50 (hours spent on yogic physiology)</p>				

Curriculum Area	Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference <i>(to your own supporting documentation)</i> .
<p><b>Philosophy, Ethics and Lifestyle:</b> - Study of the yogic philosophies and yoga educational texts, ethics for yoga teachers, yoga lifestyle. At least the following must be included: &gt; Yoga Sutras of Patanjali &gt; Hatha Yoga Pradipika &gt; Bhagavad Gita</p> <p>L1: 30/20 + 2 hours on ethics L2: 50/30 L3: 70/50 L4: 100/80(study hours/ applying Philosophy to yoga teaching hours)</p>				
<p><b>Teaching Methodology:</b> -Study and practice of teaching methodologies such as: principles of demonstration, observation, communication, assistance, correction, adjustments, instruction, teaching styles, learning styles, etc.</p> <p>L1: 30/5 L2: 30/5 L3: 50/10 L4: 90/20 (hours applied to Teaching methodology)</p>				

Curriculum Area	Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference <i>(to your own supporting documentation)</i> .
<p><b>Integrative Practice and Teaching (Practicum):</b> -Such as: supervised teaching practice, observation of teaching, assistance in classes taught by a qualified teacher, receiving and giving feedback. This includes professional on-going mentoring and supervision under a more senior teacher. L1: 10 L2: 40 L3: 50 L4: 70 (hours applied to practicum)</p>				
<p><b>Other training hours or specialities:</b> -May be distributed among the categories above or in an area of specialisation such as: therapeutic use of asana, pranayama, relaxation, meditation, cleansing practices, yoga for special needs groups such as children, pre/post natal, etc. <i>*suggested 30 to 50 hours per modality of specialization.</i>L1: nil L2: 30 L3: 50 L4: 300 (hours applied to Teaching methodology)</p>				

Curriculum Area	Contact Hours	Non - Contact Hours	Summary of subjects completed.	Documentation reference <i>(to your own supporting documentation)</i> .
<p><b>techniques:</b> -Theory and practice of yoga techniques in traditional areas of yoga study. Yoga techniques such as: asana, pranayama, meditation, bandha, mudras, kriyas, shatkarma, etc, relaxation, chanting, and other traditional yoga techniques. Substantial emphasis must be given to both the theory and guided practice of, in a dedicated teacher training environment.</p> <p>For all levels must include: 20hrs Asana, 20hrs Pranayama, 20hrs Meditation, 5hrs Bandha. Mudra must be included in Asana and Pranayama.</p> <p>L1: 100 L2: 150 L3: 200 L4: 300 (total hours)</p>				

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

Signed: \_\_\_\_\_ Date: \_\_\_\_\_