



YOGA
New Zealand

Mapping Yoga Teacher Training Course – 200 hour course

Application to map and review a 200hr Yoga Teacher Training (YTT) course against the Yoga New Zealand Guidelines.

This document is to be used by a Training Provider to map/match 200hr YTT course to the YogaNZ curriculum requirements.

Please use the separate documents for a 350hr, 500hr, or 1000hr course. Also refer to the Yoga NZ Guidelines for Registering a Yoga Teacher Training Course.

Important Notes:

- The Yoga NZ curriculum requirements for 200hr, 350hr, 500hr, and 1000hr build on each other as described in the **Curriculum Level Guidelines** and the **Overview of Competencies** (page2).
- In verifying a Training Provider, adequate evidence must be supplied to show that:
 - Your course/training covers the required competencies and their learning outcomes, at the required level and depth.
 - Each student is assessed for each curriculum criteria at the required competency depth and level.
 - Assessment is consistent for all students.
 - All trainers teaching on your course/training apply assessment in the same manner.

How to complete this document

Where the document below asks for “**Mapping Evidence for Course Approval** – to be completed by training provider”. Please match up your course/programme with the YogaNZ Curriculum Criteria in the left hand column. Please be SPECIFIC and show where exactly each curriculum criteria is covered for BOTH the learning outcomes AND assessment.

You must also include:

- Which modules/components of your course/programme cover the YogaNZ curriculum criteria (be specific).
- Details of who teaches the course and their qualifications. The Principal Teacher must be a Level 4 YogaNZ registered member.
- How many hours each component is taught. (e.g. if the YogaNZ curriculum criteria is for “anatomy” and you have an “anatomy and physiology” paper, include how many hours of this paper are JUST for anatomy).

Overview of Competencies for different depths of training

Basic Knowledge - (200hour teacher training)	Familiarity and broad overview of the central essence of a subject and the ability to ascertain when further knowledge is required.
Knowledge - (350hour teacher training)	A broad knowledge of a subject including an awareness of its relevance to, and/or potential use in, the practice of yoga teaching.
In-Depth Knowledge - (500hour teacher training)	A comprehensive knowledge of a subject and its applications and limitations in the practice of yoga teaching.
Demonstrated Ability - (1000hour teacher training)	A demonstrated ability to apply knowledge to undertake tasks associated with the work of yoga teaching.

General Course Information

Course Name: _____

Duration of the Course:

- Include the length of the course (e.g. 12 months) and the number of contact hours (e.g. 15 hours a weekend for 12 weekends). Estimated student study load outside teacher contact hours are not counted

Study Method (Please tick all that apply):

- Weekends based over several months
- Training weeks
- Modular for specific topics
- Interactive live online sessions e.g. zoom, skype
- Assessed online study (not live)
- Supervised and assessed home study
- Other – please specify: _____

Open Course? - Is the course open to the public or limited in some way -

Price of course or fee structure - _____

Pre-requisites - How many hours of yoga practise are your students required to have before they begin the course? _____

Any other pre-requisites? _____

Attendance -How attendance at the course is verified - _____

Sample Certificate - Please upload a sample certificate a successful attendee would receive with this document to the online application.

200 hour Yoga Teacher Training Course

Basic Knowledge - Familiarity and broad overview of the central essence of a subject and the ability to ascertain when further knowledge is required.

Section 1 - Anatomy and Physiology hour requirement			Reviewer to complete		
Hours	Curriculum Criteria	Mapping Evidence for Approval To be completed by training provider	Evidence Verification Comments	Evidence for Learning Outcomes Verified	Evidence for Assessment Verified
30 hours (Minimum of 5 hours must be spent applying A and P to yoga teaching)	<p>BASIC KNOWLEDGE OF HUMAN BODY STRUCTURES in relation to yoga teaching Cells, Tissues, Organs, All Systems of the body with particular emphasis on: Circulatory, Muscular, Nervous, Respiratory, Skeletal</p> <p>HUMAN BODY FORM & FUNCTION in relation to yoga teaching Dynamics of breathing Human movement: - Biomechanical - Tensegrity - action, resistance and support Human development, diversity and life-stages Interrelationships of structures - homeostasis and metabolism Mind body approaches Pain and common conditions Yoga and the spine</p>		<p>- Evidence verified for human body structures in relation to yoga, as listed.</p> <p>Evidence verified for human body form and function in relation to yoga, as listed.</p> <p>Hrs. taught: _____</p> <p>Qualifications of tutor for this section are adequate. <input type="checkbox"/> YES <input type="checkbox"/> NO</p>		

Section 2 - Yoga and Physiology hour requirement			Reviewer to complete		
Hours	Curriculum Criteria	Mapping Evidence for Approval To be completed by training provider	Evidence Verification Comments	Evidence for Learning Outcomes Verified	Evidence for Assessment Verified
5 hours	<p>BASIC KNOWLEDGE OF Yogic framework and subtle systems</p> <p>Including:</p> <ul style="list-style-type: none"> - of the major nadis - of the 7 main chakras - of the pancha koshas - of the gunas - of the pancha vayus 		<p>Evidence verified for the major nadis.</p> <p>Evidence verified for the 7 main chakras.</p> <p>Evidence verified for the pancha kosha.</p> <p>Evidence verified for the gunas.</p> <p>Evidence verified for the pancha vayus.</p> <p>Hrs. taught: _____</p> <p>Qualifications of tutor for this section are adequate. <input type="checkbox"/> YES <input type="checkbox"/> NO</p>		

Section 3 – Philosophy, Ethics and Lifestyle hour requirement			Reviewer to complete		
Hours	Curriculum Criteria	Mapping Evidence for Approval To be completed by training provider	Evidence Verification Comments	Evidence for Learning Outcomes Verified	Evidence for Assessment Verified
30 hours (Minimum 20 hours philosophy and 2 hours ethics)	<p>BASIC KNOWLEDGE OF Yoga philosophies and history</p> <ul style="list-style-type: none"> - History of yoga - Four paths of yoga – Jnana, Raga, Bhakti, Karma - Yoga cosmology concepts; Prakrti and Purusa - Philosophical principles of: Yoga Sutras of Patanjali - Philosophical principles of other yoga texts such as <ul style="list-style-type: none"> - The Bhagavad Gita - The Upanishads - The Hatha Yoga Pradipika 		<p>Evidence verified for of the history of yoga.</p> <p>Evidence verified for the paths of yoga</p> <p>Evidence verified for the yogic cosmological concepts.</p> <p>Evidence verified for the philosophical principles of the Yoga Sutras of Patanjali .</p> <p>Evidence verified for of the philosophical principles espoused in other yoga texts. Hrs. taught:</p> <hr style="width: 20%; margin-left: 0;"/> <p>Qualifications of tutor for this section are adequate. <input type="checkbox"/> YES <input type="checkbox"/> NO</p>		

Section 4 – Techniques hour requirement			Reviewer to complete		
Hours	Curriculum Criteria	Mapping Evidence for Approval To be completed by training provider	Evidence Verification Comments	Evidence for Learning Outcomes Verified	Evidence for Assessment Verified
100 hours (Minimums: Asana 20, Pranayama 20, Meditation 20, At least 5 hours of Bandha and Mudra must be included in the Asana and Pranayama above)	<p>BASIC KNOWLEDGE OF Principles of yoga practices or techniques according to the chosen style or tradition</p> <ul style="list-style-type: none"> - Textual history of the selected yoga practices - Practices: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition - Benefits and contraindications for safe, effective and appropriate practice - Ethical conduct and considerations; yama and niyama - Integration of anatomy terms and functions that are relevant in practising and teaching yoga 		<p>Evidence verified for the textual history of yoga practices.</p> <p>Evidence verified for: Asana – 20 + Pranayama 20 + dhyana (meditation)20 bandha, mudra 5 + kriya, mantra relaxation other practices according to chosen style or tradition .</p> <p>Evidence verified for benefits, contraindications for safe, effective, appropriate practice.</p> <p>Evidence verified for ethical conduct, yama and niyama.</p> <p>Evidence verified for Anatomy and Physiology relevant in practising yoga</p> <p>Hrs. taught: _____</p> <p>Qualifications of tutor for this section are adequate. <input type="checkbox"/> YES <input type="checkbox"/> NO</p>		

Section 5– Teaching Methodology hour requirement			Reviewer to complete		
Hours	Curriculum Criteria	Mapping Evidence for Approval To be completed by training provider	Evidence Verification Comments	Evidence for Learning Outcomes Verified	Evidence for Assessment Verified
<p>30 hours (of which at least 10 hours must be specific to the teaching of yoga.)</p> <p>(Business Skills cannot be counted here)</p>	<p>BASIC KNOWLEDGE OF Apply teaching methodologies relevant to the practice of yoga</p> <ul style="list-style-type: none"> - Principles of good teaching methods including: safe and inclusive practice; verbal, visual and tactile skills while demonstrating and assisting; awareness of diverse learning styles and pace - Reflective communication skills - Observational skills of individuals in a group when teaching yoga - Interpersonal concerns such as: personal space and cultural considerations, ongoing consent, and power relations - Specific teaching methodologies to accommodate the chosen style or tradition of yoga 		<p>Evidence verified for principles of good teaching methods as listed</p> <p>Evidence verified for reflective communication skills</p> <p>Evidence verified for observational skills of individuals in a group when teaching yoga</p> <p>Evidence verified for interpersonal concerns as listed</p> <p>Evidence verified for specific teaching methodologies for chosen style or tradition</p> <p>Hrs. taught: _____</p> <p>Qualifications of tutor for this section are adequate. <input type="checkbox"/> YES <input type="checkbox"/> NO</p>		

Section 6– Integrative Practice and Teaching (Practicum) hour requirement			Reviewer to complete		
Hours	Curriculum Criteria	Mapping Evidence for Approval To be completed by training provider	Evidence Verification Comments	Evidence for Learning Outcomes Verified	Evidence for Assessment Verified
10 hours	<p>BASIC KNOWLEDGE OF Develop community yoga classes</p> <ul style="list-style-type: none"> - Elicit student information through an intake form including common health conditions, specific needs - Plan and develop a yoga class and a series of yoga classes according to the chosen style or tradition, taking into consideration student needs and health conditions. - Management of student ‘self-care’ in ongoing yoga practice - Management of yoga teacher ‘self-care’ and ongoing practice for teaching. - To receive and act upon student feedback 		<p>Evidence verified to elicit student information through intake form including common health conditions and specific needs</p> <p>Evidence verified for plan and develop a yoga class or series of classes according to chosen style or tradition, taking into account student needs and health conditions.</p> <p>Evidence verified to manage student ‘self-care’ in ongoing yoga practice</p> <p>Evidence verified to manage teacher ‘self-care’ and ongoing practice of yoga</p> <p>Evidence verified to receive/act upon student feedback.</p>		

Section 6– Integrative Practice and Teaching (Practicum) hour requirement			Reviewer to complete		
Hours	Curriculum Criteria	Mapping Evidence for Approval To be completed by training provider	Evidence Verification Comments	Evidence for Learning Outcomes Verified	Evidence for Assessment Verified
	<ul style="list-style-type: none"> - The role of supervision or mentoring while undertaking practicum - To engage with a supervisor or mentor while undertaking practicum - Local and national regulatory requirements in conducting a small business - The insurance options for yoga teachers - Ethical marketing 		<p>Evidence verified for role of supervision or mentoring during practicum.</p> <p>Evidence verified to engage with mentor or supervisor during practicum.</p> <p>Evidence verified for NZ / local regulations in conducting a small business.</p> <p>Evidence verified for insurance options for yoga teachers.</p> <p>Evidence verified for ethical marketing. Hrs. taught: _____</p> <p>Qualifications of tutor for this section are adequate. <input type="checkbox"/> YES <input type="checkbox"/> NO</p>		

Section 7– NZ Modules			Reviewer to complete		
Hours	Curriculum Criteria	Mapping Evidence for Approval To be completed by training provider	Evidence Verification Comments	Evidence for Learning Outcomes Verified	Evidence for Assessment Verified
5 hours (In addition to 200 hr yoga training)	<p style="text-align: center;">KNOWLEDGE OF NZ Modules</p> <p>Health & safety understanding of NZ health & safety requirements</p> <ul style="list-style-type: none"> - Role of Worksafe, expectations of employers/workplaces and employees. - 'PCBU' (Person Conducting a Business or Undertaking), the process with examples of managing risks in a yoga setting. - Role of ACC in NZ for injuries as a result of yoga. - Insurance considerations for yoga teachers in NZ <p>Bi-cultural and multi-cultural nature of NZ Sensitivities to people's cultural worldview, beliefs, practices, and religions.</p> <ul style="list-style-type: none"> - Principals of the Treaty of Waitangi, and what this means for the parties to the treaty. - Role of Maori astangata whenua. - Bill of Rights, what this means for businesses in New Zealand, and whatit means for teaching yoga. - Specific cultural considerations for teaching yoga to Maori, and other significant ethnic groups in NZ. 		<p>Evidence verified for NZ Health and Safety.</p> <p>Evidence verified for NZ Bi- and Multi-Culture.</p> <p>Hrs. taught: _____</p> <p>Qualifications of tutor for this section are adequate. <input type="checkbox"/> YES <input type="checkbox"/> NO</p>		

Section 8– Remaining Hours/ Specialties - Nil