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## Advantages of course registration with Yoga New Zealand

- **Professional Association** - Being part of a New Zealand based professional body for Yoga Professionals, that is here to support and advocate for both the yoga profession and the yoga community. We are your voice to Government, the media, and allied organisations (such as ACC).
- **Supporting the maintenance of yoga teaching training standards within New Zealand (NZ).** YogaNZ's standards include specific modules targeted to help teachers teach in NZ. In addition, only courses/programmes which meet YogaNZ's high set of standards are granted YogaNZ registration.
- **Ease of joining YogaNZ for your graduates.** Your new yoga teacher graduates can join YogaNZ by simply uploading their certificate of completion of your course/programme to their YogaNZ membership application form. This will be considered sufficient evidence of having met all the yoga training criteria for YogaNZ membership at the appropriate level. (We ask that YogaNZ registered training completion certificates show the title of the course/programme, the number of training hours, the length, and the graduation date in order to facilitate this process.)
- **Find a training course/programme listing.** Your training will be listed on the YogaNZ search facility, and will be sought out by many potential yoga teachers looking for YogaNZ registered yoga teacher training.
- **Marketing advantage.** You will be able to use the YogaNZ registered yoga teacher training course logo in all your advertising and promotional materials. This is limited to advertising, promotional materials, and pages of your website directly related to your yoga teacher training e.g. the logo can be used to advertise/promote your registered yoga teacher training.  
**The logo** and your advertising must not, however, suggest that YogaNZ has registered other courses/programmes you deliver, or be used in any other aspects of your business. The registration of your yoga teacher training, and right to use the logo, remains always at the discretion of YogaNZ.
- **Web page on the YogaNZ website.** This web page can include your 'school' logo, and information about your course/programme.

## General Guidelines for Registration

Yoga NZ Level 4 yoga teachers, and Training Providers that employ a YogaNZ Level 4 yoga teacher as the principal teacher trainer, may apply to YogaNZ for registration of their teacher training courses. Training courses may be 1000, 500, 350 and/or 200hour. The 200hour course is seen as entry level and providers are encouraged to develop their training to embrace 350 hour and beyond.

(N.B. Training to become a Yoga Therapist is in addition to training to become a yoga teacher.)

A Training Provider may be an individual Teacher Trainer, a group of Teacher Trainers, a Yoga Studio, a Training Organisation, or an Institution providing Yoga Teacher training/education.

As part of the on-line application you will be asked to upload:

- A detailed course outline specifying the topics covered and the hours allocated to each topic.
- An explanation of how these topics/hours match up to the YogaNZ Teacher Training Course registration curriculum areas/hours.
- How students will be assessed in each area of learning.
- Details of the qualifications and experience of all teaching staff.
- Course policy documents:
  - Student and Facility Code of Conduct
  - Complaints documents
  - Course Postponement Policy
  - Expulsion Policy
  - Refund Policy
  - Unpaid Fees Policy
  - Course Cancellation Policy
- Any other information which would be useful in satisfying YogaNZ that your training course meets requirements and is of a high standard.

### Application review process

The application will be reviewed by YogaNZ. It may be necessary to ask further questions or/and seek clarification of the material provided in your

application.

### **Registered Courses or Programmes**

Once registered, your course or programme is to be referred to as “YogaNZ Registered”. The Yoga NZ “Registered Teacher Training Course” logo is to be displayed prominently on your various promotional media.

“Registration” of your teacher training, however, does not constitute certification, endorsement or accreditation by YogaNZ, and words such as “Certified by YogaNZ”, “Accredited by YogaNZ” or “Endorsed by YogaNZ” must not be used. Registration is simply a process by which you satisfy YogaNZ that your yoga teacher training meets the requirements for your graduates to gain membership of YogaNZ.

The YogaNZ Code of Ethics requires truthfulness in the representation, content and delivery of your teaching and your teacher training, and this includes the way in which your training is named and promoted.

### **Maintaining your registration**

Maintaining YogaNZ registration involves re- applying for registration of your teacher training course or programme every two years.

The principal trainer must be a Level 4 YogaNZ member, unless otherwise approved by YogaNZ. If there is to be any change to this then prior consultation with YogaNZ is required.

Please inform YogaNZ within three months if the content or delivery changes in any material way from the information originally submitted for registration.

Ongoing registration of your teacher training course or programme is at the discretion of YogaNZ, and may be cancelled at any time should there be discrepancies in your application, should it be your course or programme is not being delivered as it was presented for registration, or if continuing to register your teacher training course or programme may compromise the professional reputation of YogaNZ or the trust placed in the YogaNZ by the public.

### **Fees**

The application fee for a single course is \$950.00+GST. For each additional course on the same application a fee of \$750.00+GST will also apply. Re-registration of the course has the fee of \$950.00+GST.

### **Guidelines for registration of a Yoga Teacher Training Course**

- YogaNZ must be assured that your Yoga Teacher Training is a ‘dedicated’ course or programme. This means that the entire curriculum, content and delivery is documented and delivered as yoga teacher training, and not achieved by your teacher trainees making up curriculum hours by attending general yoga classes unless training based on these is an integral part of the supervised training curriculum. Attendance with a small number of other experienced students during advanced training sessions within your course is not necessarily precluded. Please provide a timetable of actual teacher training time with course outlines.
- The training course/programme leader and/or the principal trainer, are to take responsibility for all teachers involved in the delivery and overall training standards of the course. Teachers must be suitably qualified and experienced for the topics they teach and be regularly supervised.
- If your training course is delivered face-to-face in multiple locations (e.g. around the country), the principal trainer in each location must be a Level 4 member of YogaNZ, unless otherwise approved by Yoga NZ. Each separate location in which the training is delivered is to be described in your application along with sufficient detail for YogaNZ to be satisfied of the quality and delivery of the course and principal trainers in each location.
- Whilst entry level 200hour yoga teacher training can be registered we encourage you to also offer 150hrs of additional training so that your 200hr graduates can, over time, upgrade their training to 350 hours. It is preferred that your principal training course provides at least 350 hours of training. All courses are to cover the minimum hours in each of the YogaNZ Teacher Training curriculum areas.
- Your students are required to have been practising yoga for at least 12months before admission to your teacher training. On a case-by case basis Training Providers may accept students joining a 200hr training with less experience of practising yoga.
- It is preferred that your principal training is conducted over 12 months, whether full-time or part-time. If your training is shorter than 12 months duration, your graduates will need a formal mentoring structure to enable them to achieve a total period of 12 months under supervision and thus be eligible to join Yoga NZ as a teacher member. (Please refer to the YogaNZ Mentoring Guidelines for more

information).

- Your teacher training should have a minimum of 70% tutor contact hours with any non- contact hours to be recorded by the student in a journal or equivalent, for which attendance and engagement is assessed as part of the training.

## **Additional Yoga NZ Modules**

To ensure yoga teachers in New Zealand meet local safety and cultural requirements, two mandatory modules are listed in Section 7 of the Yoga Teacher Training Competencies and Curriculum Table below, together with a draft curriculum. The final curriculum will be in place by the 30<sup>th</sup> September 2020.

Both modules are in addition to the yoga specific curriculum. Training Providers offering 200hr courses/programmes will need to provide their trainees with access to both modules in addition to their 200hr training. With 350hr, 500hr, and 1000hr courses/programmes, training providers may offer both modules within the elective hours of the curriculum.

By 30thSeptember 2022, all Yoga NZ yoga teachers will be required to show evidence of having completed both modules or be booked on training to complete them by the end of 2022.

## Overview of Competencies for different depths of training

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

## Yoga Teacher Training Competencies and Curriculum Table

CURRICULUM AREA	COMPETENCY LEVELS	TOPIC
Section 1 – Anatomy and Physiology	<b>200hour Course</b> Basic Knowledge <b>350hour Course</b> Knowledge <b>500hour Course</b> In-Depth Knowledge <b>1000hour Course</b> A Demonstrated Ability to Apply Knowledge	<b>Knowledge of structure, form and function of the human body in relation to the principles and practices of yoga teaching</b> <b>HUMAN BODY STRUCTURES:</b> Cells, Tissues, Organs, All Systems of the body with particular emphasis on: Circulatory, Muscular, Nervous, Respiratory, Skeletal <b>HUMAN BODY FORM &amp; FUNCTION:</b> Dynamics of breathing Human movement: <ul style="list-style-type: none"> <li>○ Biomechanical</li> <li>○ Tensegrity - action, resistance and support</li> </ul> Human development, diversity and life-stages Interrelationships of structures - homeostasis and metabolism (wellbeing) Mind body approaches Pain and common conditions Yoga and the spine
Section 2 – Yoga Physiology	<b>200 hour Course</b> Basic Knowledge <b>350 hour Course</b> Knowledge <b>500 hour Course</b> In-Depth Knowledge <b>1000 hour Course</b> A Demonstrated Ability to Apply Knowledge	<b>Yogic framework and subtle systems:</b> <ul style="list-style-type: none"> <li>- of the major nadis</li> <li>- of the 7 main chakras</li> <li>- of the pancha koshas</li> <li>- of the gunas</li> <li>- of the pancha vayus</li> </ul>

CURRICULUM AREA	COMPETENCY LEVELS	TOPIC
Section 3 – Philosophy, Ethics and Lifestyle	<b>200 hour Course</b> Basic Knowledge <b>350 hour Course</b> Knowledge <b>500 hour Course</b> In-Depth Knowledge <b>1000 hour Course</b> A Demonstrated Ability to Apply Knowledge	<b>Yoga philosophies and history:</b> <ul style="list-style-type: none"> <li>- History of yoga</li> <li>- Four paths of yoga – Jnana, Raga, Bhakti, Karma</li> <li>- Yoga cosmology concepts; Prakrti and Purusa</li> <li>- Philosophical principles of the Yoga Sutras of Patanjali</li> <li>- Philosophical principles in other yoga texts such as: The Bhagavad Gita, The Upanishads, The Hatha Yoga Pradipika</li> </ul>
Section 4 - Techniques	<b>200hour Course</b> Basic Knowledge <b>350hour Course</b> Knowledge <b>500hour Course</b> In-Depth Knowledge <b>1000hour Course</b> A Demonstrated Ability to Apply Knowledge	<b>Principles of yoga practices or techniques according to the chosen style or tradition:</b> <ul style="list-style-type: none"> <li>- Textual history of selected yoga practices</li> <li>- Practices: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices according to the chosen style or tradition</li> <li>- Benefits and contraindications for safe, effective and appropriate practice</li> <li>- Ethical conduct and considerations; yama and niyama</li> <li>- Integration of anatomy terms and functions that are relevant in practising and teaching yoga</li> </ul>

CURRICULUM AREA	COMPETENCY LEVELS	TOPIC
Section 5 – Teaching Methodology	<b>200hour Course</b> Basic Knowledge <b>350hour Course</b> Knowledge <b>500hour Course</b> In-Depth Knowledge <b>1000hour Course</b> A Demonstrated Ability to Apply Knowledge	<b>Apply good teaching methodologies in the teaching of yoga:</b> <ul style="list-style-type: none"> <li>- 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</li> <li>- Reflective communication skills</li> <li>- Observational skills of individuals in a group when teaching yoga</li> <li>- Interpersonal concerns such as: personal space and cultural considerations, ongoing consent, and power relations</li> </ul> Specific teaching methodologies to accommodate the chosen style or tradition of yoga
Section 6 - Integrative Practice and Teaching (Practicum)	<b>200hour Course</b> Basic Knowledge <b>350hour Course</b> Knowledge <b>500hour Course</b> In-Depth Knowledge <b>1000hour Course</b> A Demonstrated Ability to Apply Knowledge	<b>Develop community yoga classes:</b> <ul style="list-style-type: none"> <li>- Elicit student information through an intake form including common health conditions, specific needs</li> <li>- 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.</li> <li>- Management of student ‘self-care’ in ongoing yoga practice</li> <li>- Management of yoga teacher ‘self-care’ and ongoing practice for teaching.</li> <li>- To receive and act upon student feedback</li> <li>- The role of supervision or mentoring while undertaking practicum</li> <li>- To engage with a supervisor or mentor while undertaking practicum</li> <li>- Local and national regulatory requirements in conducting a small business</li> <li>- The insurance options for yoga teachers</li> </ul> Ethical marketing

<b>CURRICULUM AREA</b>	<b>COMPETENCY LEVELS</b>	<b>TOPIC</b>
<p>Section 7 –  <b>NZ MODULES</b>            (Curriculum to be confirmed by 30/ 9/ 20)</p>	<p>Knowledge</p>	<p><b>Health &amp; safety</b> understanding of NZ health &amp; safety requirements</p> <ul style="list-style-type: none"> <li>- Role of Worksafe, expectations of employers/workplaces and employees.</li> <li>- ‘PCBU’ (Person Conducting a Business or Undertaking), the process with examples of managing risks in a yoga setting.</li> <li>- Role of ACC in NZ for injuries as a result of yoga.</li> <li>- Insurance considerations for yoga teachers in NZ</li> </ul> <p><b>Bi-cultural and multi-cultural nature of NZ</b> Sensitivities to people’s cultural worldview, beliefs, practices, and religions.</p> <ul style="list-style-type: none"> <li>- Principals of the Treaty of Waitangi, and what this means for the parties to the treaty.</li> <li>- Role of Maori astangata whenua.</li> <li>- Bill of Rights, what this means for businesses in New Zealand, and what it means for teaching yoga.</li> <li>- Specific cultural considerations for teaching yoga to Maori, and other significant ethnic groups in NZ.</li> </ul>
<p>Section 8 -  <b>Remaining Hours/ Specialties</b></p>	<p><b>350hour Course</b>            Knowledge  <b>500hour Course</b>            In-Depth Knowledge  <b>1000hour Course</b>            A Demonstrated Ability to Apply Knowledge</p>	<p><b>Speciality:</b>            May include one or more electives or areas of specialisation such as teaching yoga for: children, pre/post-natal, older adults, dancers and athletes, disabilities and additional needs            OR            -the remaining hours may be distributed among the curriculum areas above.</p>

For total hours of each competency please refer to the Yoga NZ Curriculum and Membership Guidelines table below to see how hours are to be attributed for each topic below.

## Additional Information

<b>YogaNZ Curriculum Hours and Membership Level Table</b>					
<b>Curriculum Components</b>	<b>Component Descriptions</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
<b>Teacher Training</b>	<i>Minimum hours of yoga specific teacher training required for entry to each membership level. This can include further training after becoming a yoga teacher.</i>	200 hours	350 hours	500 hours	1000 hours
<b>Personal Practice</b>	<i>Minimum years of personal yoga practice, with commitment to ongoing professional development.</i>	1 year	2 years	5 years	12 years
<b>Professional Teaching</b>	<i>Total minimum years and minimum hours of professional yoga teaching.</i>	n/a	n/a	5 years and 500 hours teaching.	10 years and 1000 hours teaching.
<b>Anatomy and Physiology</b>	<i>Study of the anatomy and functional physiology of bodily systems.</i>	30 hours Minimum 5 hours must be spent applying A&P to yoga teaching.	30 hours Minimum 5 hours must be spent applying A&P to yoga teaching.	50 hours Minimum 10 hours must be spent applying A&P to yoga teaching.	90 hours Minimum 20 hours must be spent applying A&P to yoga teaching.
<b>Yogic Physiology</b>	<i>Study of subtle yogic physiology and energy fields, such as: nadis, koshas, chakras, gunas. etc. (study of Ayurveda not counted)</i>	Minimum 5 hours must be spent on yogic physiology.	20 hours	30 hours	50 hours
<b>Philosophy, Ethics and Lifestyle</b>	<i>Study of the yogic philosophies and yoga educational texts, ethics for yoga teachers, yoga lifestyle. At least the following must be included:</i> <ul style="list-style-type: none"> <li>&gt; Yoga Sutras of Patanjali</li> <li>&gt; Hatha Yoga Pradipika</li> <li>&gt; Bhagavad Gita</li> </ul>	30 hours Minimum 20 hours philosophy and 2 hours ethics	50 hours Minimum 30 hours philosophy	70 hours Minimum 50 hours philosophy	100 hours Minimum 80 hours philosophy
<b>Table continued on next page</b>					

## YogaNZ Curriculum Hours and Membership Level Table

Curriculum Components	Component Descriptions	Level 1	Level 2	Level 3	Level 4
<b>Techniques</b>	<i>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.</i>	100 hours Minimums: Asana 20 Pranayama 20 Meditation 20 At least 5 hours of Bandha and Mudra must be included in Asana and Pranayama.	150 hours Minimums: Asana 30 Pranayama 30 Meditation 30 At least 5 hours of Bandha and Mudra must be included in Asana and Pranayama.	200 hours Minimums as for Level 1	300 hours Minimums as for Level 1
<b>Teaching Methodology</b>	<i>Study and practice of teaching methodologies such as: principles of demonstration, observation, communication, assistance, correction, adjustments, instruction, teaching styles, learning styles, etc.</i>	30 hours, of which at least 10 hours must be specific to the teaching of yoga. Business skills cannot be counted here.	30 hours, of which at least 20 hours must be specific to the teaching of yoga. Business skills cannot be counted here.	50 hours, of which at least 20 hours must be specific to the teaching of yoga. Business skills cannot be counted here.	90 hours, of which at least 40 hours must be specific to the teaching of yoga. Business skills cannot be counted here.
<b>Integrative Practice and Teaching (Practicum)</b>  <b>Table continued on next page</b>	<i>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.</i>	10 hours	40 hours	50 hours	70 hours

<b>YogaNZ Curriculum Hours and Membership Level Table</b>					
<b>Curriculum Components</b>	<b>Component Descriptions</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
<b>Remaining Hours/ Specialities</b>	<p><i>May include one or more electives or areas of specialisation such as teaching yoga for: children, pre/post-natal, older adults, dancers and athletes, disabilities and additional needs.</i></p> <p><i>OR</i></p> <p><i>-the remaining hours may be distributed among the curriculum areas above.</i></p>	n/a	30 hours	50 hours	300 hours (Suggested 30 to 50 hours per modality of specialisation.)
<b>Overall Contact Hours</b>	<p><i>face to face instruction with trainers/trainers; including real-time, interactive electronic methods (such as webinars where students can directly engage the teacher).</i></p>	70% contact hours across all levels of membership and curriculum categories.			
<b>Total Training Hours</b>		<b>200 hours</b>	<b>350 hours</b>	<b>500 hours</b>	<b>1000 hours</b>
<b>Additional requirements for Yoga NZ membership</b>	<p><b>Valid First Aid Certificate</b></p> <ul style="list-style-type: none"> <li>- Comprehensive workplace First Aid – includes NZQA Unit grouping of 6401 &amp; 6402 or grouping of 26551 &amp; 26552</li> </ul> <p>Commitment to complete by 30<sup>th</sup> September 2022:</p> <ul style="list-style-type: none"> <li>- NZ Health and Safety module (due by 30<sup>th</sup> September 2022)</li> <li>- NZ bi-cultural and multi-cultural module (due by 30<sup>th</sup> September 2022)</li> </ul>				