

Curriculum Components	Component Descriptions	Level 1 200 hours	Level 2 350 hours	Level 3 500 hours	Level 4 1000 hours
Teacher Training	Minimum hours of yoga specific teacher training required for entry to each membership level. This can include further training after becoming a yoga teacher.	200 hours	350 hours	500 hours	1000 hours
Personal Practice	Minimum years of personal yoga practice, with commitment to ongoing professional development.	1 year	2 years	5 years	12 years
Professional Teaching	Total minimum years and minimum hours of professional yoga teaching.	n/a	n/a	5 years and 500 hours teaching.	10 years and 1000 hours teaching.
Anatomy and Physiology	Study of the anatomy and functional physiology of bodily systems.	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.
Yogic Physiology	Study of subtle yogic physiology and energy fields, such as: nadis, koshas, chakras, gunas, etc. (study of Ayurveda not counted)	Minimum 5 hours must be spent on yogic physiology.	20 hours	30 hours	50 hours
Philosophy, Ethics and Lifestyle	Study of the yogic philosophies and yoga educational texts, ethics for yoga teachers, yoga lifestyle. At least the following must be included: > Yoga Sutras of Patanjali > Hatha Yoga Pradipika > Bhagavad Gita	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
Techniques	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.	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 2	300 hours Minimums as for Level 2
Teaching Methodology	Study and practice of teaching methodologies such as: principles of demonstration, observation, communication, assistance, correction, adjustments, instruction, teaching styles, learning styles, etc.	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.
Integrative Practice and Teaching (Practicum)	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.	10 hours	40 hours	50 hours	70 hours
Remaining Hours/Specialities	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.	n/a	30 hours	50 hours	300 hours (Suggested 30 to 50 hours per modality of specialisation.)
Overall Contact Hours	face to face instruction with trainers/trainers; including real-time, interactive electronic methods (such as webinars where students can directly engage the teacher).	70% contact hours across all levels of membership and curriculum categories.			
Additional requirement	Valid First Aid Certificate - Comprehensive workplace First Aid – includes NZQA Unit grouping of 6401 & 6402 or grouping of 26551 & 26552 NZ Modules - Commitment to complete by 30 th September 2022: - NZ Health and Safety module (to be available during 2021) - NZ bi-cultural and multi-cultural module (to be available during 2021)				