



Education Standards for Yoga Therapists

Introduction

YogaNZ's Education Standards for Yoga Therapists represent the foundational requirements for an individual to register as a Yoga Therapist. These Standards provide an important pillar for the growth and maturing of the field of Yoga Therapy in New Zealand, and are aimed at:

- Supporting the professional and vocational development of Yoga Therapists.
- Establishing Yoga Therapy as a credible and valued modality within the broader field of integrative healthcare.
- Providing clear guidelines and parameters for individuals wishing to register as a Yoga Therapist.
- Provide career path guidelines for Yoga Teachers wishing to further develop their skill and knowledge in the area of Yoga Therapy.

Further, the Standards:

- Emphasise the importance of Yoga as the ancient tradition in which Yoga Therapy is rooted and from which its innumerable healing applications have sprung.
- Acknowledge the hours necessary to learn the competencies as a therapeutic discipline but also the time needed to integrate the depth and breadth of the teachings as a personal lifestyle and practice.
- Recognise that to serve the clients of Yoga Therapy, Yoga Therapists must be grounded in the foundations of anatomy, basic physiology, and the common terminology of modern healthcare.
- Recognise that developing a therapeutic relationship is the hallmark of person-centred therapy.
- Acknowledge that Yoga Therapists are in relationship with related healthcare professions and the business world more broadly.

These Standards recognise that it is the prerogative of each Yoga Therapy training to teach from its own unique perspective, and have allowed for flexibility regarding which tools to emphasise within and beyond the required knowledge of certain subjects.

YogaNZ acknowledges and thanks Yoga Australia, and in turn the International Association of Yoga Therapists (IAYT), for its Educational Standards, upon which these standards are based.

Pathways to registration

To register as a Yoga Therapist with YogaNZ, you must meet the following **base requirements** and **education requirements** of registration.

Base Requirements

- Valid first aid certificate, eligible for NZQA unit standards 6401 + 6402
- Current YogaNZ Level 3 or 4 registration

Education requirements are outlined in full in this document, and will be verified by either:

- Your registration with Yoga Australia or IAYT
- Your Yoga Therapy Training's accreditation by Yoga Australia or IAYT
- A Portfolio submission

Because these Education Standards are based upon Yoga Australia's *Yoga Therapy Educational Standards*, which in turn borrow the those of the IYTA, YogaNZ will automatically recognise, as a Yoga Therapist, someone who is registered with either body as a Yoga Therapist, or who's Yoga Therapy Training has been accredited by either body.

If you meet the Base Requirements, and are registered as a Yoga Therapist with Yoga Australia, or the IYTA, you can simply fill in the application form, pay the fee, and your application will be processed.

Similarly, if you meet the Base Requirements, and the Yoga Therapy Training you did was accredited by Yoga Australia or the IAYT, you can simply state this in the application form, pay the registration fee, and your application will be processed.

If the Yoga Therapy Training you undertook is not accredited with either body, or if you trained in a less formal way such as via apprenticeship, your pathway for registering as a Yoga Therapist is via a portfolio application.

Portfolio application

In a portfolio application, YogaNZ will need to see evidence that your training meets the Yoga Therapy Training Requirements. In a portfolio application, you will be asked to provide the following:

- **Evidence of your training** - this can be a certificate, or in the case of apprenticeship/informal training, letters from your provider.
- **Completed mapping document** - mapping your course/apprenticeship syllabus against the Curriculum Guidelines outlined below (tables 1.2 - 1.6). YogaNZ will supply the mapping document.
- **Three assessed case studies** - which have been assessed by your training provider. If unable to provide this, alternatively you may submit 5 unassessed case studies. These will be evaluated according to the Practicum criteria outlined in table 1.7.

For your training to make you eligible to register as a Yoga Therapist, it must meet the Education Standards for Yoga Therapists, discussed in full below.

Yoga Therapy Training Requirements

The requirements of your Yoga Therapy Training in brief, are:

- Minimum 650-hours over minimum 2 years, comprising of:
 - 500 hours core curriculum (of minimum 70% contact learning hours, either in-person or online).
 - 150 hours Practicum (direct case work with clients comprising at minimum 100 hours, with the remaining 50 hours made up of: mentoring, case preparation by the student, and practicum documentation. It is recommended that mentoring account for at least 10 of these hours).

The remainder of this chapter outlines - in summary and then comprehensively - the Key Learning Areas, and associated hours, which make up the 650 hours of your Therapy Training.

Summary of Key Learning Areas and Associated Hours

Table 1.1

Category	Details	Minimum Hours
Section 1 – Yoga Foundations	Yoga Teachings and Philosophy Yoga and the Mind Yogic Framework for Health and Disease	35 hours 35 hours 50 hours
Section 2 – Biomedical and psychological Foundations	Anatomy and Physiology Additional Biomedical Knowledge Psychology and Mental Health Additional knowledge Body Mind Integration	75 hours 20 hours 45 hours 15 hours 15 hours
Section 3 – Yoga Therapy tools and therapeutic skills	Yoga Therapy Tools Basic Principles of the Therapeutic Relationship Principles and Skills for Educating Clients/Students Principles and Skills for Working with Groups	75 hours 35 hours 60 hours 15 hours
Section 4 – Practicum	Yoga Therapy Practicum	150 hours
Section 5 – Professional Practice	Ethical Principles Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy Relationships with Peers, Mentors, Clinicians, and Organisations Personal and Professional Development and Continuing Education	10 hours 5 hours 5 hours 5 hours

Comprehensive Curriculum Guidelines and Associated Hours

Section 1: Yoga Foundations

Guidelines: 120 hours minimum for this section

Table 1.2

Category	Hours	Description
Yoga Teachings and Philosophy	35 hours minimum	<ul style="list-style-type: none"> 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. Examples of concepts and models from the above teachings and philosophy relevant to yoga therapy, include but are not limited to: <ol style="list-style-type: none"> tanmatra/bhuta/indriya (subtle element/gross elements/senses); purusha/prakrti (consciousness/material world); pancamaya kosha (dimensions of the human system); guna (fundamental forces of nature); and duhkha (suffering/discomfort).
Yoga and the Mind	35 hours minimum	<p>Knowledge of yoga perspectives on the structure, states, functioning, and conditions of the mind, including, but not limited to:</p> <ul style="list-style-type: none"> drasht (seer), drshya (seen); antahkarana citta (consciousness), buddhi (intellect), ahamkara (ego), manas (mind); citta vrtti (activities of the mind), citta parinama (structural changes in the mind), vyutthana/nirodha (mind's potential for distraction and focus); artha (cognition), bhava (mood), svabhava (inborn nature), vasana (residue of experience), samskara (conditioned pattern of thinking and behavior); and 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). 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"> klesha (affliction); lobha, krodha, and moha (greed, anger, attachment); 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

		<ul style="list-style-type: none"> • antaraya (obstacles to progress in yoga)
Yogic Framework for Health and Disease	50 hours minimum	<ul style="list-style-type: none"> • 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"> ■ panca maya (kosha) (fundamental structure of the human system); ■ subtle anatomy; tri-dosha (effect of the elements on the physical body); • tri-guna (effect of sattva (equilibrium), rajas (activity), tamas [inertia]); • prakrti/vikrti (dosha constitution at birth/imbalance of the dosha currently expressed in the body); • ama (undigested food, emotions, etc. accumulated in the body); • agni (internal fire(s) and their contribution to health); • prana vayu (prana, apana, vyana, udana, samana); • prana prakopa (disturbance of the vayu); • surya/chandra (sun/moon); • brmhana/langhana (expansion/contraction); and • vyuha model: heya (the symptoms), hetu (the causes), hana (the goal), upaya (the tools). • In depth knowledge of categorising illness, including: • 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 management. • Setting priorities: symptoms/pacification (shamana [short term]) and purification/strengthening (shodhana [long term]). • 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"> • panca maya (kosha) (fundamental structure of the human system); • subtle anatomy; • tri-dosha (effect of the elements on the physical body); • tri-guna (effect of sattva (equilibrium), rajas (activity), tamas [inertia]); • prakrti/vikrti (dosha constitution at birth/imbalance of the dosha currently expressed in the body); • ama (undigested food, emotions, etc. accumulated in the body); • agni (internal fire(s) and their contribution to health); • prana vayu (prana, apana, vyana, udana, samana); • prana prakopa (disturbance of the vayu); • surya/chandra (sun/moon); • brmhana/langhana (expansion/contraction); and • vyuha model: heya (the symptoms), hetu (the causes), hana (the goal), upaya (the tools). • In depth knowledge of categorising illness, including:

		<ul style="list-style-type: none"> • 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 management. • Setting priorities: symptoms/pacification (shamana [short term]) and purification/strengthening (shodhana [long term]).
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Section 2: Biomedical and Psychological Foundations

Guidelines: 170 hours minimum for this section

Table 1.3

Category	Hours	Description
Anatomy and Physiology	75 hours minimum	<ul style="list-style-type: none"> • 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. • Knowledge of biomechanics and movement as they relate to the practice of yoga and the work of a yoga therapist. • 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.
Additional Biomedical Knowledge	20 hours minimum	<ul style="list-style-type: none"> • Familiarity with commonly used drugs and surgical procedures, as relevant to the work of a yoga therapist. • Familiarity with common medical terminology. • 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.
Psychology and Mental Health	45 hours minimum	<ul style="list-style-type: none"> • 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. • Basic knowledge of psychological concepts and terminology, including mood, cognition, behavior, and personality, as relevant to the work of a yoga therapist.

Additional Knowledge	15 hours minimum	<ul style="list-style-type: none"> • Familiarity with models of human development, including developmental stages, lifecycles, and personality, and their importance to medical and psychological health and well-being. • Familiarity with the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives of health and healing.
Body Mind Integration	15 hours minimum	<ul style="list-style-type: none"> • Knowledge of the interaction of the body, breath, mind, intellect, and emotions in health and well-being.

Section 3: Yoga Therapy Tools and Therapeutic Skills

Guidelines: 185 hours minimum for this section

Table 1.4

Category	Hours	Description
Yoga Therapy Tools	75 hours minimum	<ul style="list-style-type: none"> • In-depth knowledge of the application of yama and niyama in the context of yoga therapy. • 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"> • asana (postures); • pranayama (regulated breathing); • meditation and relaxation techniques such as bhavana (visualisation), mantra (recitation), and ritualised activities such as nyasa and mudra; and • vihara (lifestyle modifications) including basic yogic dietary concepts. • In-depth knowledge of contraindications of yoga practices for specific conditions and circumstances.

Basic Principles of the Therapeutic Relationship	35 hours minimum	<ul style="list-style-type: none"> • In-depth knowledge of, and observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue. • Demonstrated ability to recognise, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship. • Demonstrated ability to recognise and manage the subtle dynamics inherent in the therapist/client relationship. • In-depth knowledge of the scope of practice of yoga therapy and how to assess the need for referral to other professional services.
Principles and Skills for Educating Clients/ Students	60 hours minimum	<ul style="list-style-type: none"> • 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. • In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the therapeutic process. • In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the client/student. • 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.
Principles and Skills for Working with Groups	15 hours minimum	<ul style="list-style-type: none"> • Basic knowledge of and demonstrated ability to design, implement, and evaluate group programs. • 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.

Section 4: Practicum

Guidelines: 150 hours minimum for this section

Table 1.5

Category	Hours	Description
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<p>Providing Yoga Therapy</p>	<p>Minimum of 150 hours of practicum delivery</p>	<ul style="list-style-type: none"> ● Demonstrated ability to conduct intake and assess the client/student, including: ● Taking a history of the client and his/her condition(s); and ● 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. ● Demonstrated ability to elicit the goals, expectations, and aspirations of the client/student. ● Demonstrated ability to integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities. ● 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. ● Demonstrated ability to identify priorities and set both long- and short-term goals with the client/student. ● Demonstrated ability to apply knowledge of pacification, purification, and strengthening strategies. ● Demonstrated ability to apply knowledge of strategies that address common disorders and pathologies of the major human systems and common mental health conditions, as well as other goals and aspirations of the student as relevant to the work of a yoga therapist. ● 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. ● 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. ● 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. ● Demonstrated ability to facilitate the client/student's experience of the practice, including: ● providing instruction, demonstration, education of the client/student using multimodal strategies of education such as auditory, visual, and kinesthetic learning tools; and ● providing supportive strategies for the client/student to actively participate in his/her practice, such as a means to remember his/her practice (e.g., auditory and visual tools). ● Demonstrated ability to develop and maintain therapeutic relationships including: ● fostering trust by establishing an appropriate therapeutic environment through privacy, confidentiality, and safety; and ● practicing effective, client/student-centered communication based upon a respect for, and sensitivity to, individual, familial, cultural, social, ethnic, and religious factors. ● Demonstrated ability to provide follow up and re-planning, including: ● gathering feedback. Re-assess, and refine the practice and to determine short-term and long-term goals and priorities; ● addressing new and changing conditions, goals, aspirations, and priorities of the student/client and to provide appropriate support; and
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		<ul style="list-style-type: none"> • providing appropriate closure for the therapy sessions.
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Section 5: Professional Practice

Guidelines: 25 hours minimum for this section

Table 1.6

Category	Hours	Description
Ethical Principles	10 hours minimum	<ul style="list-style-type: none"> • In-depth knowledge of yoga practices and methods for self-inquiry related to establishing, practicing, and maintaining ethical principles. • In-depth knowledge of generally accepted ethical principles of health care codes of conduct and yoga's ethical principles. • Demonstrated ability to apply knowledge of generally accepted ethical principles and related concepts from the yoga tradition to professional interactions and relationships. • 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. • 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.
Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy	5 hours minimum	<ul style="list-style-type: none"> • Knowledge of current relevant local, state, and national laws and regulations impacting the work of a yoga therapist. • Basic knowledge of business practices relevant to the work of a yoga therapist, including record keeping, planning, and financial management.
Relationships with Peers, Mentors,	5 hours minimum	<ul style="list-style-type: none"> • Basic knowledge of other healthcare fields and their potential role in and relevance to the work of a yoga therapist.

Clinicians, and Organisations		<ul style="list-style-type: none"> • 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 develop and maintain ongoing collaborative relationships.
Personal and Professional Development and Continuing Education	5 hours minimum	<ul style="list-style-type: none"> • 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.

Terms Used in the Competencies

Familiarity: Acquire introductory knowledge of a subject sufficient to bring the student’s awareness to the existence and central essence of that subject and for the student to know when further knowledge is required for the practice of yoga therapy.

Basic Knowledge: Acquire an overview of the broad principles of a subject, including a general awareness of its relevance to and/or potential use in the practice of yoga therapy. **Knowledge:** Develop an understanding of all aspects of a subject and its specific applications to the practice of yoga therapy.

In-Depth Knowledge: Through study and practicum, acquire a confident, in-depth knowledge of a subject and its multiple applications as well as its potential limitations in the practice of yoga therapy.

Demonstrated Ability: Demonstrate the ability to undertake particular tasks associated with the work of a yoga therapist.

Demonstrated Ability to Apply Knowledge: Demonstrate the application of knowledge to specific cases.

Scope of Practice

This section outlines the roles and responsibilities of yoga therapists, ensuring they work within their training, expertise, and ethical guidelines. It defines the boundaries of what Registered Yoga Therapists are qualified to do, helping to maintain safety and professionalism in their interactions with clients and other healthcare providers. By clarifying these limits, the scope of practice supports the delivery of effective and appropriate care while fostering trust in the profession.

Table 1.7

1. A yoga therapist is qualified to:	A yoga therapist is NOT qualified to:
<ul style="list-style-type: none"> ● Practice in a way that responsibly reflects his/her yoga therapy education, training, and experience. ● Assess each individual client using qualitative and/or quantitative yoga therapy assessment tools and maintain records according to any applicable statutory requirements. ● Use the assessment process to identify any risk factors or contraindications to ensure the safety and appropriateness of the yoga therapy intervention and to develop an appropriate therapeutic plan. ● Develop a therapeutic plan and/or provide advice within the yoga therapy framework in accordance with the individual client's needs, goals, learning style, life circumstances, and access to resources such as time and equipment. ● Guide clients in implementing the therapeutic plan, aimed at prevention and health promotion. ● Teach an integrated set of practices aligned with the needs and goals of the individual and consistent with the yoga therapy framework. ● Include yoga practices such as asana (postures), pranayama (breath-work), relaxation, meditation, mudra (energetic gestures and seals), bandha (energy locks), mantra (sacred sounds), mindfulness, bhavana (imagery), sankalpa (affirmation/intention), yogic lifestyle, and dietary advice (1) according to the yoga therapy framework, education in yoga philosophy, and other practices in the yoga tradition and for which the therapist has received appropriate education and training. ● Provide appropriate follow-up and review at regular intervals. ● Use and modify practices of yoga therapy to support the client and help the client manage their physical, emotional, mental, and spiritual health. ● Make adjustments (2) to postures by verbal instruction or gentle touch to the area of the body that needs modification. ● Provide clear goals for each yoga therapy session. ● Provide clear instructions for any home practice that is recommended, with appropriate feedback mechanisms. 	<ul style="list-style-type: none"> ● Work with clients presenting with issues outside the therapist's areas of competence/professional expertise. ● Advertise himself or herself as a licensed healthcare practitioner, unless he/she is also a licensed healthcare practitioner. ● Perform physical adjustments (2), manipulations, or massage, unless appropriately qualified to do so. ● Undertake individual or group psychological counselling, unless appropriately qualified to do so. ● Recommend specific lifestyle or nutrition changes outside of a yoga therapy framework, unless appropriately qualified to do so.

<ul style="list-style-type: none"> • Foster the client’s own support networks, independent practice, and self-responsibility for his/her own well-being. • Provide clear processes for client feedback. • Provide guidance for lifestyle changes to create improved health and well-being according to the yoga therapy framework provided in yoga therapy training. 	
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<p>2. A yoga therapist is qualified by virtue of his/her knowledge of health and health systems to:</p>	<p>A yoga therapist is NOT qualified to:</p>
<ul style="list-style-type: none"> • Have a basic understanding of typical disease states and associated symptoms, the effects of medications, and associated contraindications. The therapist will use this understanding to inform what is recommended as a suitable practice for each individual. • Understand and integrate information provided by diagnoses from other qualified healthcare professionals. • Have a basic understanding of different treatments and procedures from a variety of sources, or be able to identify and source credible and relevant information on other healthcare modalities, as needed. • Have a basic understanding of health reports obtained from a variety of sources. • Have a basic understanding of how to manage interpersonal issues that may arise in therapeutic relationships. 	<ul style="list-style-type: none"> • Diagnose a medical or psychological condition, unless qualified to do so as a licensed healthcare practitioner.

<p>3. A yoga therapist is qualified to communicate with other health professionals to:</p>	<p>A yoga therapist is NOT qualified to:</p>
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<ul style="list-style-type: none"> • Receive and provide referrals from and to other appropriate healthcare providers. • Be part of a multi-disciplinary team when necessary or useful to optimise the care of the client. • Engage with medical or other healthcare professionals (when appropriate) and use best-practice referral/feedback processes to optimise client health and well-being outcomes. 	<ul style="list-style-type: none"> • Advise about other health treatment modalities, other than referring clients to appropriate personnel or services, unless appropriately qualified to do so. • Request diagnostic tests or procedures outside their professional areas of expertise or qualifications. • Interpret raw medical or psychological diagnostic test results, unless qualified to do so as a licensed healthcare practitioner. • Prescribe medication, unless qualified to do so as a licensed healthcare practitioner. • Prescribe nutritional supplements or herbs from Western or traditional medical methods such as Chinese Medicine or Ayurveda, unless appropriately qualified to do so. • Advise clients about ceasing medication prescribed by another healthcare practitioner, unless qualified to do so as a licensed healthcare practitioner. • Perform any invasive procedures, unless qualified to do so as a licensed healthcare practitioner. • Make recommendations regarding the advice or treatment provided by another healthcare professional, unless appropriately qualified to do so.
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4. As part of their professional practice, a yoga therapist is required to:

- Meet the requirements for registration as a YogaNZ Registered Yoga Therapist.
- Maintain all qualifications and ongoing continuing professional development (CPD) requirements.
- Maintain confidentiality of client information, including health records.
- Comply with the YogaNZ Statement of Ethics and Scope of Practice.
- Observe all applicable national laws relating to the practice of healthcare.

5. As part of their professional practice, a yoga therapist is encouraged to:

- Acquire a basic understanding of current yoga evidence-based practices.

- Maintain a network of healthcare practitioner peers for the purpose of referrals.

Notes:

1 Dietary advice refers to advice relating to foods that may support or hinder a client's progress toward well-being, according to the tradition in which the yoga therapist is trained. It does not include the prescribing of herbs or other nutritional supplements, nor imply that a yoga therapist is a nutritionist or Ayurvedic practitioner, unless he/ she has other appropriate qualifications.

2 Adjustment. A yoga therapist may need to support and assist a client's proprioceptive awareness and alignment through appropriate use of touch to modify the application of a yoga practice. This should only occur after permission has been verbally requested by the therapist and verbally provided by the client and/or documented in the client's health record.