

THE YOGA REGISTER



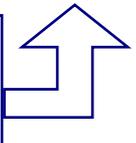
YR-2 APPLICATION FOR REGISTRATION OF A YOGA TEACHER

WITH INDEPENDENT TRAINING AND EXPERIENCE OR CERTIFIED BY A NON-YR REGISTERED SCHOOL

PLEASE NOTE: Registration with another body, e.g. BWY or Yoga Alliance, does not necessarily indicate that your school is registered with the Yoga Register. Please check the schools list on the IYN web site or ask your school. If your school is not registered, use this form.

NAME		<input type="checkbox"/>
ADDRESS		
TOWN/CITY		}
AREA/COUNTY/STATE		
COUNTRY		
POST CODE/ZIP		
TELEPHONE: DAY		<input type="checkbox"/>
	EVENING	<input type="checkbox"/>
	MOBILE	<input type="checkbox"/>
EMAIL		<input type="checkbox"/>
WEB SITE		<input type="checkbox"/>

Tick the boxes to indicate the details you would like to appear on the IYN web site and made available to enquirers by other means. Ticking the box indicates that you give permission for the data to be published. See Note 2, pg 6.



NAME OF SCHOOL[S] [IF APPLICABLE]			
LEVEL APPLIED FOR	200 HOURS	500 HOURS	1000 HOURS

OFFICE USE ONLY: DATE RECEIVED		
EXAMINED BY	DATE	FEE
IYN NUMBER	INSURANCE STATUS	

WHAT YOU NEED TO SUPPLY:

- A DOCUMENT YOU HAVE PREPARED BASED ON SECTIONS 1 – 4 BELOW;
- A SHORT ACCOUNT OF YOUR YOGA PHILOSOPHY OR OUTLOOK;
- A SHORT ACCOUNT OF YOUR YOGA PRACTICE INCLUDING ITS DURATION AND FREQUENCY;
- TWO REFERENCES COMPLETE WITH NAME AND ADDRESS OF REFEREES. AT LEAST ONE SHOULD BE ABLE TO GIVE AN INFORMED OPINION OF YOUR TEACHING, PARTICULARLY WITH REGARD TO ITS SAFETY. SEND REFERENCES, NOT JUST NAME & ADDRESS OF REFEREES;
- YOUR CV WITH PARTICULAR REFERENCE TO YOUR YOGA EXPERIENCE (See Note 5, pg 7)
- A COPY OF ANY RELEVANT CERTIFICATES OR LETTERS OF RECOMMENDATION (See Note 2, pg 6)
- YOUR SIGNATURE ON THE AGREEMENT BELOW
- YOUR PAYMENT (SEE BELOW FOR OPTIONS)
- EVIDENCE OF CURRENT THIRD PARTY LIABILITY INSURANCE OR APPLICATION FOR BGI INSURANCE - SEE APPLICATION BELOW (See Note 4, pg 6)

YOUR CHECK LIST - PLEASE MAKE SURE YOU HAVE INCLUDED EVERYTHING



NOTE: As a general rule, for a 200 hour registration we are looking for at least 160 hours of training in contact with your teachers, four years regular practice and 100 hours of teaching. If you are newly certified, and don't have much teaching experience as yet, still apply: this will be accounted for. 360 hours of contact with your teachers is required for a 500 hour registration and 750 hours of contact for a 1000 hour registration. The teaching and practice requirements remain the same for these higher levels of registration.

Please prepare a document based on Sections 1 – 4 below. You may cite documentary evidence [i.e. course material] if you have it. Please look upon this exercise as an opportunity to present your work to your peers and to participate in building a real solidarity within the Yoga community which will keep Yoga independent, vital and growing. Organise your presentation under the four headings, Safety and Care, Practical Skills, Knowledge and Practice. A typical submission might be 1500 – 2000 words long, though there is no rule about this. **This part is the core of your application to register as a teacher.**

SECTION 1 – SAFETY AND CARE

(a) What the Register is looking for and why

For Yoga to be effective it must be taught safely. Its teaching and practice rest upon the Yogic principle of *ahimsa*. The practice of *asana*, *pranayama*, *mudra*, *bandha*, and meditation must be based upon an approach that doesn't invite physical and or psychological injury. We will be looking at your references for an assessment of the safety of your teaching.

(b) Your submission

Please show how your teaching is informed by the principle of *ahimsa*. Please add any further comments which you feel may clarify your training with respect to the requirement for your students to receive safe instruction and to learn how to practice safely on their own.

SECTION 2 – PRACTICAL SKILLS

(a) What the Register is looking for and why

The Register requires a Yoga Registered (YR) teacher to have those specific practical skills necessary for teaching Yoga. We recognise that different Yoga styles have teaching requirements peculiar to themselves. We require evidence that, in keeping with *satya*, a Yoga Teacher has gained the practical skills needed to teach his/her approach to Yoga and that those practical skills are rooted both in the individual's Yoga practice and in the reflective practice of teaching itself.

(b) Your submission

Please show what practical skills inform your teaching. You might indicate here how you structure your classes and according to what rationale. You might outline your method of presentation, e.g. does it employ teacher demonstration, do you teach practice classes etc.

SECTION 3 – KNOWLEDGE

(a) What the Register is looking for and why

The Register requires that the Teacher (YRT) work from a foundation of sound knowledge. YR Teachers must be well versed in those Yoga traditions which are relevant to the style of Yoga they teach. Relevant, pragmatic knowledge of anatomy, physiology, psychology and philosophy is required. We recognise that different Yoga styles will emphasise these according to the requirement of their particular approach. Theoretical knowledge must be grounded in the teacher's practice and experience in order to fulfil the principle of *satya*. The (YR) Teachers need to be grounded in self-knowledge gained through self-study (*svadhyaya*) and to be continually reflective in both personal practice and teaching.

(b) Your submission

Please indicate the knowledge-base utilised by your style. How is this related to your practice and your continuing acquisition of self-knowledge? You should indicate what Yoga texts and other texts relating to the human condition you've studied and to what depth and how this study informs your teaching. Please add any further comments that you feel may clarify your training with respect to the knowledge you have gained.

SECTION 4 – PRACTICE

(a) What the Register is looking for and why

The Register takes the view that practice on the part of the teacher is at the heart of any teaching of integrity. In keeping with the Yogic principles of *satya* and *ahimsa*, teachers must teach what they honestly know through their own practice. Practice should also be the basis of the practical skills a teacher has come to possess. The teacher's knowledge should also be grounded in the experience gained through diligent practice, rather than only in theoretical studies.

(b) Your submission

Indicate how your teaching is rooted in your own diligent practice. Show how the safety of your teaching, and the knowledge and practical skills which inform it are rooted in your own personal practice. Please add any further comments which you feel may clarify your teaching with respect to the requirement for personal practice to be central to a teacher's teaching.

AGREEMENT

I declare that the statements made and answers given in this application are true and that no material information has knowingly been withheld BOTH IN RESPECT OF APPLICATION FOR REGISTRATION AND IN RESPECT OF ANY APPLICATION FOR INSURANCE COVER. I agree to uphold the standards of the Yoga Register and teach safely, responsibly and in a manner which enhances the reputation of the Register and Yoga in general. I understand that my registration is dependent on my carrying current, adequate insurance cover. I understand that breach of this agreement will result in withdrawal of registration.

Signed: _____ Date: _____

PAYMENT

REGISTRATION FEE - £45 IN THE FIRST INSTANCE THEN £25 PER ANNUM

IF YOU ARE ALSO APPLYING FOR BGI INSURANCE CONTACT THEM DIRECTLY ON 01367 246157 TO MAKE PAYMENT OF THE PREMIUM [CURRENTLY £78 PER ANNUM]. WE WILL FORWARD YOUR FORM TO BGI WITH EVIDENCE OF YOUR IYN REGISTRATION AND SEND YOU AN EMAIL WITH INSTRUCTIONS ON HOW TO GET YOUR INSURANCE COVER.

PAYMENT METHOD

PLEASE TICK AS APPROPRIATE

CHEQUE FOR £25 PAYABLE TO 'IYN' & SENT BY SNAIL MAIL WITH APPLICATION

PAYPAL @ <http://independentyoganetwork.org/register/payments> You can use your credit or debit card or your PayPal account using this method.

BACS SORT CODE - 08-92-99, ACCOUNT NUMBER 65309966 [Please give a clear reference to your payment and let us know you have used this method.]

APPLICATION FOR IYN COMPREHENSIVE YOGA TEACHER'S INSURANCE



AS ARRANGED BY BGi.uk BROKERS

See Note 4, page 6

Who do you teach? (e.g. children, adults, pregnant women etc.)		
Where do you teach?		
How many hours do you work on average per annum?		
Have you ever undergone a police check? (Please tick.)	YES	NO
If so provide details.		
<u>Have you ever:</u> (Please tick.)		
Made a claim under this type of insurance before?	YES	NO
Been refused any type of insurance?	YES	NO
Held this type of insurance?	YES	NO
Been convicted or charged with any criminal offence?	YES	NO
Are you aware of any other information that you should tell us?	YES	NO
Name any CAM therapies you would also like to be covered by insurance. (Make sure certificates are provided.)		

If you have answered 'YES' to any of the above questions or you are aware of any other material fact that you should tell us about, please give details and continue on a separate page if necessary:

Membership and Insurance administration provided by BGi.uk, Portwell House,
Faringdon, Oxfordshire, SN7 7HU tel 01367 246133
Email - Niall.Heffernan@bgi.uk.com
PLEASE NOTIFY BGi.uk IF YOUR CIRCUMSTANCES OR DETAILS CHANGE



OPTIONS FOR SENDING YOUR APPLICATION

EMAIL - Attach to email and send to info@namaskaram.co.uk. You can write in handwriting on the printed form and scan or photograph it. Send in jpeg or png format please. If you photograph the form, please make sure it is legible. To type directly onto the form, the 'Fill & Sign' facility available on many versions of Adobe PDF Reader enables you to place a cursor anywhere on the document and type in your details. Attached documents in .doc, .docx, .odt, .pdf or legible .jpeg or png formats please.

SNAIL MAIL - Post to IYN, c/o NYSFOR, PARK ROAD, ABERMAW, GWYNEDD, LL42 1PH. [To avoid considerable delay, attach correct postage. Using Post Office 'signed for' facility can also cause delay.]

If you have filled in the BGi insurance application, send it to us with your IYN application. We will pass it over to BGi and send you an email with instructions on how to arrange cover over the phone.

Send change of address and other contact details to: independentyoganetwork@gmail.com / 07572 749468 (text please). [Also inform your insurance provider.]

NOTES

Note 1 BGi Insurance enquiries to:

TEL: 01367 246133 EMAIL - Niall Heffernan <Niall.Heffernan@bgi.uk.com>

For further details, see www.BGi.uk.com

Note 2 (page 1) WEB SITE ENTRY We will publish your basic details on the IYN web site according to your request as soon as your application is processed. You may also have a short write up of approximately 300 words and two pictures displayed on your web entry. We will request this when the application process is complete. Send these by email to Trevor Latham, our data administrator, at independentyoganetwork@gmail.com. Photos attached in *jpeg* or *png* format please. Contact details such as phone number, email address and web site address may be displayed as desired.

Note 3 (page 2) CERTIFICATES Please supply **copies** of any certificates you have relating to your Yoga training, whether with an IYN registered school or otherwise. Include here copies of certificates relating to any CAM therapies you practise, particularly if you'd like them to be included in your insurance cover. **Please don't send original certificates.**

Note 4 (pages 2 & 5) INSURANCE You are required to have third party liability insurance for at least £5,000,000 since liability can fall back onto the IYN if you do not have it. You can shop around for this cover but we recommend BGi's policy since it is very comprehensive and because there are no extras for many CAM therapies, children's Yoga, yoga therapy and so on. Policy holders whose main residence is in the UK or Eire and who work anywhere in the world except the USA and Canada are covered for £5,000,000. (If resident in other EU countries, please enquire.) Premiums are payable in GB pounds. The more members take up the policy, the cheaper it will be. Please note that if you have paid the preferential rate for members, your continued insurance cover with BGi is dependent on current membership of the IYN. Please note also that the person insured is ONLY the person named on page 1: this is not a group or company insurance. Similarly, **your registration with IYN is dependent on you having current, adequate insurance cover and will automatically cease if your cover lapses whilst you are actively teaching.**

If you use another insurance provider other than Bgi, send a copy of your cover document along with your application.

Note 5, (page 2) CV Please supply a brief, general CV of the type you would use to apply for a job or educational course. This should include sections on your work experience, education and interests. Add a section on your Yoga experience. Use .pdf, .doc, .docx, or .odt format for email attachments please.

PROCESSING TIME Applications are usually processed within a day or two of receipt. If the application isn't complete or is problematic in some way, we'll get back to you. This will obviously slow down the processing time. Occasionally, we may take longer due to volume of work or holidays etc. If you don't hear anything after a week of posting or emailing, contact Pete Yates (IYN Secretary) - info@peteyates.uk.

IYN LINKS - CHECK WHAT YOU ARE JOINING!

Main site - <https://independentyoganetwork.org>

Online publication - <http://www.namaskaram.co.uk>

Events - <http://iynyogadays.org>

IYN Facebook Group - <https://www.facebook.com/groups/IndependentYogaNetwork/>

Video of 2018 Conference - <https://www.youtube.com/channel/UCDEPkhBO7agNnclel44Fdjg>