

THE YOGA REGISTER

Application for Registration of a Post Diploma Yoga Course



Name of Course:.....

Name of Director of Studies.....

Name of Associated Registered School [if relevant].....

Address:.....

.....

.....

Telephone: (home/evening).....

(daytime).....

(mobile).....

Email:.....

Website:.....

Do you give your permission for the details of your course to appear on the IYN Web Site? YES | NO

Length of Course in hours [In contact with instructor(s)].....

Expected duration of homework in hours.....

Distribution of hours [e.g. 1 weekend @ 15 hours].....

AGREEMENT

The information I have provided is true. I agree to uphold the principles of the IYN Yoga Register and teach safely, responsibly and in a manner which enhances the reputation of the Register and Yoga in general. I understand that I need to carry adequate insurance cover if I am teaching and that registration with the IYN Yoga Register is conditional on this. I understand that breach of this agreement will result in the withdrawal of registration.

Signed: Date:

SEND THIS PAGE WITH YOUR APPLICATION TO IYN, NYSFOR, PARK ROAD, ABERMAW, GWYNEDD, LL42 1PH OR BY EMAIL TO info@namaskaram.co.uk AND ellenleeyoga@hotmail.com.

INTRODUCTION

(to be read in conjunction with your application)

Raison d'être for the IYN Yoga Register:

1. to ensure that safe and effective teaching of Yoga is available to the public;
2. to provide the public with access to safe and effective Yoga teachers;
3. to inform aspiring Yoga teachers of safe and effective Yoga Teacher Training schools;
4. to provide services to Yoga Teachers, e.g. facilitating insurance, giving advice on setting up classes, etc.;
5. to promote and publicise the IYN Yoga Register principles and criteria;
6. to help create, maintain and promote the conditions for Yoga to thrive in freedom.

Types of application for Registration:

The IYN Yoga Register registers Yoga teachers and Yoga Teacher Training Schools who meet its Registration Criteria. Yoga Elders and Training Schools can also apply for registration of specialist post-diploma courses.

Teacher applicants can be one of the three types outlined below.

Graduates of Registered Schools gain automatic registration on presentation of their certificate and payment of the appropriate fee. [There is also Student registration for students of Registered Schools.]

Elder Teacher Applicants who can document 5000 hours of successful teaching can apply to be registered as Yoga Elders.

Graduates of non-registered schools and Independent Teacher Applicants outside these categories can apply for registration on the basis of a combination of experience and non-certificated training and/or certification by a non-registered school. They will need to demonstrate that their teaching complies with the Registration Criteria.

Derivation of the Registration Standard:

The teaching of Yoga is determined by the nature of Yoga itself, rather than general principles of conventional education. The Yoga Register Standard is therefore derived from fundamental principles which all traditions can subscribe to. These are *ahimsa* (non-violence), *satya* (truthfulness) and *svadhyaya* (self-study).

Satya requires that

1. the theoretical and practical accomplishments asserted by a certificate (whether issued by a registered or non-registered teacher training school), letters of recommendation, CV or any other means do actually exist, and are based on a genuine, pragmatic understanding of how the body, mind and Yoga practices work;
2. that teachers teach what they know from their own practice and experience;

Svadhyaya requires that the Registered Yoga Teacher's training and practice are based on a commitment to ongoing self-enquiry focused through the principles of Yoga.

Ahimsa requires a Registered Teacher to be able to teach Yoga, on the basis of their knowledge, training and experience, without inviting physical or psychological harm.

The Registration Criteria thus recognise four areas of significance:

Safety - A Registered Teacher must teach safely and a Registered Teacher Training School must enable its graduates to do so. (*ahimsa*)

Practical Skills – A Registered Teacher must possess practical skills appropriate to the style of Yoga she teaches and a Registered Teacher Training School must enable its graduates to do so. (*satya*)

Knowledge – A Registered Teacher must possess the factual knowledge and the self-knowledge necessary to teach her chosen style of Yoga effectively and safely and a Registered Teacher Training School must enable its graduates to do so. (*satya*)

Practice – All of the above must be grounded in the Registered Teacher's dedicated practice and it is the responsibility of a Registered Teacher Training School to ensure that its graduates are so grounded. (*svadhyaya*)

Assessment:

A Registered Teacher Training School must assess its students to ascertain that they have met their requirements in all of the above areas before certifying them. Independent Teacher Applicants, of both **categories, must demonstrate that their training has been adequate in all four areas. (*satya*)**

Content of teacher training courses and post-diploma courses:

Because of its profound and multifaceted nature Yoga can be systematised in many equally authentic ways. The Registration Criteria therefore allow for flexibility of course curricula and does not prescribe their textual and theoretical underpinnings. The Register is equally flexible about assessment methods and does not prescribe them. Many are possible and those used are only required to be effective and honest.

Application of the Criteria:

Teacher Training Schools and Yoga Elders seeking registration of a full TT or post-diploma course have their course examined by the Registrars to ascertain that the course produces graduates who are competent in

the four areas of concern and that this is confirmed through assessment. Two examiners [with at least 20 years teaching experience each] will independently assess the course on behalf of the IYN before conferring. Applicants might be asked to provide further information or rethink certain areas of concern. If necessary, a third assessor might be asked for an appraisal of the course. Independent Individual Trainings are assessed by the Register to ascertain that the individual concerned is competent in the four areas of concern.

Although the IYN rejects the idea that adequate Teacher Training can be prescribed according to a breakdown of hours spent on various arbitrarily demarcated areas of study, it does require courses to have minimum study and contact hours as follows:

Basic Yoga Teacher Training: 200 hours,

(at least 160 hours spent in direct contact with course tutors).

Intermediate Yoga Teacher Training: 500 hours,

(at least 360 hours spent in direct contact with course tutors).

Advanced Yoga Teacher Training: 1000 hours,

(at least 750 hours spent in direct contact with course tutors).

Yoga Elder: 5000 hours of successful teaching.

Post diploma specialist courses - the length can be variable but live contact with instructors must be involved. Purely distance learning or online courses will not be considered.

WHAT YOU NEED TO SUPPLY:

Please prepare a document based on **Sections 1 – 4** below, citing evidence from your curriculum and teaching materials and any other documentation you think will be useful. Please supply the documentation you have referred to as evidence in your submission. 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 words long, though there is no rule about this. This part is the core of your application to register your school.

CHECK LIST

Make sure you have included everything required.



Please also supply what you can of the following. (Items marked * are mandatory unless the IYN already has been given the information in conjunction with a school application.)

a short history of the school / programme; *

a short account of its philosophy; *

a brief description of the style it teaches, its goals and means; *

course calendar;

breakdown of hours spent on various components of the course (e.g. homework and coursework in contact with course tutor, hours spent on various areas such as anatomy, philosophy, practice etc.) If your teaching is too organic to pin this down precisely, please indicate as such;*

total length of course;*

CV or bio-data of any tutors other than the Director of Studies or main tutor ; *

evidence of registration of course tutor or that this is in process; [This person must be a Yoga Elder or the Head of an IYN TT School]*

a sample copy of the certificate(s) you will present to successful students;*

your ethical statement, if you have one;

your continuing education requirements, if you have them.

A copy of the agreement between the school and the IYN Yoga Register signed and dated by the Director of studies or equivalent. (Page 2)*



**CHECK
LIST**

VERIFICATION:

The deliverers of a Registered Post-Diploma Course enters into a legal agreement with the IYN Yoga Register. This entitles it to use the IYN's name and logos as long as it continues to teach the essentials of the curriculum it originally submitted and uphold the principles of the Register. You must inform the IYN of any substantive changes to your course or the personnel delivering it.

WHO CAN PUT ON A POST-DIPLOMA COURSE?

The main instructor of the course must be a TT School Head [and registered with the IYN as a teacher] or registered as a Yoga Elder.

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 practices of *asana*, *pranayama*, *mudra*, *bandha*, and meditation must be based upon an approach that doesn't invite physical and or psychological injury. The Register requires that students are observed teaching by a competent tutor from their course or an examiner appointed by their course and assessed for the safety of their teaching.

(b) Your submission

With reference to your curriculum, teaching materials and any other documentation:

Please show how the principle of *ahimsa* is imparted to your students and becomes central to both their teaching and their practice. How is this assessed? Indicate how your course discharges its duty of care towards its students in accordance with 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 practice and teach safely.

SECTION 2 – PRACTICAL SKILLS

(a) What the Register is looking for and why

The IYN Yoga Register requires a Registered Teacher to have those specific practical skills necessary for teaching Yoga. We recognise that different Yoga schools have teaching requirements peculiar to themselves. We require evidence that, in keeping with *satya*, a Yoga Teacher Training School ascertains that its students have gained the practical skills needed to teach its approach of 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

With reference to your curriculum, teaching materials and any other documentation:

Please show how your students come to master the teaching method of your school. What is its rationale and how are the students assessed? Please add any further comments which you feel may clarify your training - with respect to the practical skills your course requires its students to have mastered.

SECTION 3 – KNOWLEDGE

(a) What the Register is looking for and why

The IYN Register requires that the Teacher work from a foundation of sound knowledge. 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 schools 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 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

With reference to your curriculum, teaching materials and any other documentation:

Please show how your students come to master the knowledge-base utilised by your school. How is this related to the student's practice and acquisition of self-knowledge, and how the student is assessed in this respect? Please add any further comments that you feel may clarify your training with respect to the knowledge your course requires its students to have mastered. (e.g. you might offer a series of discussions on the Yoga Sutras and assess your students on the basis of an essay).

SECTION 4 – PRACTICE

(a) What the Register is looking for and why

The Register takes the view that practice is at the heart of any training course 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 student comes 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

With reference to your curriculum, teaching materials and any other relevant documentation:

Indicate how your students establish the safety, practical skills and knowledge-base of their teaching in their own diligent practice. Please add any further comments which you feel may clarify your training with respect to your requirements for personal practice on the part of your students.

NOTES

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.

FEES

There is currently no fee for this registration. A nominal fee is likely to be introduced in the near future on annual renewal.

WEB SPACE

There is a section of the main IYN web site devoted to post-diploma courses. On registration of the course, you will be invited to send about 500 words of text and up to 3 photos / graphics for your dedicated page. You can also give contact details e.g. email address, phone, live web site address on this page. Send your material to Trevor on iynmembership@gmail.com.

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.

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.]