



## Endorsed membership Standards & Knowledge and Skills Profile for Yoga Therapists

This profile is in 3 sections:

- Underpinning Knowledge
- Application of Yoga Therapy
- Professional Practice

## 1. Underpinning Knowledge

Area of knowledge	skills and competencies	Primary Evidence Guide (all required)	Secondary Evidence Guide (one or more may apply)
<p><b>1.1</b> Yoga principles and philosophies in the provision of Yoga Therapy</p>	<ul style="list-style-type: none"> <li>• Demonstrated knowledge of the core principles of Yoga as espoused in seminal Yoga texts such as: the Bhagavad Gita, Patanjali's Yoga Sutras and Hatha Yoga Pradipika</li> <li>• Demonstrated knowledge of the goals of Yoga and the obstacles according to the Yoga Sutras of Patanjali</li> <li>• Demonstrated knowledge and application of the Klesha model</li> <li>• Demonstrated knowledge and application of the Yogic model of mind</li> <li>• Knowledge and application of the Mahabhutani and their relationship to Indriyas</li> <li>• Demonstrated knowledge and application of yamas and niyamas to own yogic lifestyle and understanding of application to therapeutic context</li> <li>• In depth understanding of the relationship between spirituality and health and well being</li> </ul>	<ul style="list-style-type: none"> <li>• At least 3 years of Yoga teaching</li> <li>• At least 20 hours study of Yoga philosophy and principles (incl. Yoga Sutras) as part of teacher training or other training.</li> <li>• At least 10 hours of training in the therapeutic application of Yoga principle and philosophies as part of Yoga Therapy training (incl. Kleshas and Indriyas)</li> </ul>	<ul style="list-style-type: none"> <li>• Level 2 or 3 membership of YTAA</li> <li>• Yoga Alliance 500 hour certification</li> </ul>
<p><b>1.2</b> Yogic Physiology in the provision of Yoga Therapy</p>	<ul style="list-style-type: none"> <li>• Demonstrated knowledge and application of the panca vayus model</li> <li>• Demonstrated knowledge and application of panca Kosa model</li> </ul>	<ul style="list-style-type: none"> <li>• At least 3 years of Yoga teaching</li> <li>• At least 16 hours study of Yogic physiology (or Yogic subtle systems) as part of</li> </ul>	<ul style="list-style-type: none"> <li>• Level 2 or 3 membership of YTAA</li> <li>• Yoga Alliance 500 hour certification</li> </ul>

	<ul style="list-style-type: none"> <li>• Demonstrated knowledge and application of the chakras model</li> <li>• Demonstrated knowledge and application of Nadis model</li> <li>• Demonstrated knowledge and application of prana, tejas and ojas model</li> <li>• Demonstrated knowledge and application of the principles of agni and ama</li> <li>• In depth understanding of the relationships between yogic physiology and health and well being</li> </ul>	<p>teacher training or other training. At least 10 hours of training in the application of Yogic physiology (or Yogic subtle systems) as part of Yoga Therapy training (incl. vayus, agni &amp; ama)</p>	
<p><b>1.3</b> Anatomy and Physiology in the provision of Yoga Therapy</p>	<ul style="list-style-type: none"> <li>• An understanding of the functioning of: <ul style="list-style-type: none"> <li>• the musculoskeletal , respiratory, cardiovascular, nervous, endocrine, reproductive and digestive systems</li> <li>• metabolism</li> </ul> </li> <li>• Basic knowledge of patho-physiology</li> <li>• Basic knowledge of bio-medical language</li> <li>• Basic knowledge of functional anatomy and functional physiology</li> <li>• Basic knowledge of Ayurveda</li> <li>• An understanding of the relationship between systems</li> <li>• An understanding of the body-mind relationship</li> </ul>	<ul style="list-style-type: none"> <li>• At least 3 years of Yoga teaching</li> <li>• At least 30 hours of Anatomy &amp; physiology study as part of teacher training or through other A&amp;P training applicable to Yoga</li> <li>• At least 20 hours of training in the therapeutic application of functional anatomy &amp; physiology and patho-physiology as part of Yoga Therapy training</li> <li>• At least 5 hours of study of basic Ayurveda principles</li> <li>• At least 5 hours of study of basic psycho-physiology</li> </ul>	<ul style="list-style-type: none"> <li>• Level 2 or 3 membership of YTAA</li> <li>• Yoga Alliance 500 hour certification</li> <li>• Qualification as primary or secondary health care provider (inc CAM), psychologist or nurse, along with current registration or membership of association of peers</li> </ul>
<p><b>1.4</b> Yoga practices</p>	<ul style="list-style-type: none"> <li>• In depth understanding of a range of Yoga practices, including: Asana, Pranayama, relaxation, Dhyana, Mudras and Bandhas</li> <li>• In depth therapeutic application of a range of Yoga practices, including: Asana, Pranayama, relaxation, Dhyana, Mudras and Bandhas</li> <li>• Demonstrated knowledge and therapeutic application of Yogic lifestyle modifications, including diet, rest/work cycles</li> </ul>	<ul style="list-style-type: none"> <li>• At least 3 years of Yoga teaching.</li> <li>• At least 50 hours of training in the application of Yoga practices (incl: asana, pranayama, relaxation, dhyana, mudra &amp; bandha) as part of teacher training or</li> </ul>	<ul style="list-style-type: none"> <li>• Level 2 or 3 membership of YTAA</li> <li>• Yoga Alliance 500 hour certification</li> </ul>

	and relationships	<ul style="list-style-type: none"> <li>other training</li> <li>At least 24 hours of training in the therapeutic application of Yoga practices (incl: asana, pranayama, relaxation, dhyana, mudra &amp; bandha) as part of Yoga therapy training</li> <li>At least 10 hours training in lifestyle modifications (incl. diet) in the Yogic model, as part of Yoga Therapy training</li> </ul>	<ul style="list-style-type: none"> <li>Level 2 or 3 membership of YTAA</li> <li>Yoga Alliance 500 hour certification</li> <li>Qualification as primary or secondary health care provider, along with current registration or membership of association of peers</li> </ul>
<b>1.5</b> client assessment principles and methodologies	<ul style="list-style-type: none"> <li>Accurate/appropriate history taking and recording</li> <li>Appropriate use of Darshana, Prashna and Sparshana</li> <li>Understanding and appropriate application of Heyam, Hetu, Hanam &amp; Upayam</li> <li>Appropriate use of structural assessment</li> <li>Appropriate use of functional assessment</li> <li>Appropriate use of lifestyle assessment</li> <li>Demonstrated understanding of social, cultural and ethnic sensitivities</li> <li>Demonstrated communication skills</li> <li>Demonstrated respect for healthy client -practitioner boundaries</li> <li>Ability to interpret referrals from other health care providers</li> <li>Knowledge of contra-indications to specific treatments</li> </ul>	<ul style="list-style-type: none"> <li>At least 3 years of Yoga teaching</li> <li>At least 8 hours of student assessment training as part of teacher training</li> <li>At least 30 hours of health assessment training as part of Yoga Therapy training</li> </ul>	<ul style="list-style-type: none"> <li>Level 2 or 3 membership of YTAA</li> <li>Yoga Alliance 500 hour certification</li> </ul>
<b>1.6</b> Yoga Therapy program design and review	<ul style="list-style-type: none"> <li>Knowledge of the application of the 8 limbs of yoga</li> <li>Ability to appropriately interpret assessment findings</li> <li>Knowledge of orderly sequencing of practices</li> <li>Knowledge of Vinyasa Krama in the broadest sense</li> <li>Knowledge of and ability to apply an appropriate range of therapeutic interventions</li> <li>Knowledge of modifications and contra indications for various practices</li> </ul>	<ul style="list-style-type: none"> <li>At least 3 years of Yoga teaching</li> <li>At least 50 hours of training in the application of Yoga practices (incl: contra-indications and orderly sequencing) as part of teacher training or other training</li> <li>At least 20 hours of training in program development as part of</li> </ul>	<ul style="list-style-type: none"> <li>Level 2 or 3 membership of YTAA</li> <li>Yoga Alliance 500 hour certification</li> </ul>

<p><b>1.7</b> Basic counselling principles and skills</p>	<ul style="list-style-type: none"> <li>● Knowledge of effective communication skills</li> <li>● An understanding of basic counselling methods</li> <li>● Ability to use basic counselling skills</li> <li>● Knowledge of boundaries/limits to scope of practice</li> <li>● Ability to assess the need for referral to professional counselling</li> </ul>	<p>Yoga therapy training</p> <ul style="list-style-type: none"> <li>● At least 3 years of Yoga teaching</li> <li>● At least 12 hours of training in interpersonal skills (incl. basic counselling skills) as part of teacher training or other training</li> <li>● At least 5 hours of training in basic counselling skills in a therapeutic setting as part of Yoga therapy training</li> </ul>	<ul style="list-style-type: none"> <li>● A recognised counselling qualification</li> <li>● Qualification as a psychologist or primary health-care provider</li> </ul>
<p><b>1.8</b> Principles of therapeutic relationship</p>	<ul style="list-style-type: none"> <li>● Knowledge of various modes of communication appropriate to the practice of Yoga Therapy, including verbal and non-verbal.</li> <li>● Knowledge of mutual positive regard</li> <li>● Knowledge of energetic connection</li> <li>● Knowledge of confidentiality and mutual trust</li> <li>● An understanding of professional boundaries as they relate to Yoga Therapy</li> </ul>	<ul style="list-style-type: none"> <li>● At least 12 hours of training in therapeutic relationships as part of Yoga therapy training.</li> </ul>	<ul style="list-style-type: none"> <li>● Qualification as a primary or secondary health care provider</li> </ul>
<p><b>1.9</b> Therapeutic Group Skills</p>	<ul style="list-style-type: none"> <li>● Understanding of group dynamics as they pertain to therapeutic groups</li> <li>● Demonstrates sensitivity to the issues in managing therapeutic groups</li> <li>● Demonstrated ability to manage both individual and group needs in therapeutic groups</li> <li>● An understanding of the indications for recommending individual Yoga Therapy outside of the therapeutic group</li> </ul>	<ul style="list-style-type: none"> <li>● At least 3 years of Yoga teaching (in group settings)</li> <li>● At least 12 hours of training in the methodologies of managing and teaching groups as part of teacher training or other training.</li> <li>● At least 5 hours of training in group dynamics as part of Yoga therapy training</li> </ul>	<ul style="list-style-type: none"> <li>● Qualification as a psychologist or counsellor</li> <li>● Level 2 or 3 membership of YTAA</li> <li>● Yoga Alliance 500 hour certification</li> <li>● Qualification as a teacher or trainer with TAA04 equivalence</li> </ul>

## 2. Application of Yoga Therapy

Area of application	skills and competencies	Primary Evidence Guide (all required)	Secondary Evidence Guide (one or more may apply)
<p><b>2.1</b> Develop and maintain effective therapeutic relationships</p>	<ul style="list-style-type: none"> <li>• Demonstrate effective communication skills</li> <li>• Respond appropriately to a range of clients in a range of situations</li> <li>• Establish and maintain effective boundaries</li> <li>• Develop and maintain an appropriate and effective, physical, psychological and energetic therapeutic environment</li> <li>• Demonstrate positive regard for clients</li> <li>• Apply Yogic ethical and behavioural principles in client dealings</li> <li>• Provide a safe treatment in accordance with the individual, condition and presence of complicating factors.</li> <li>• Demonstrate appropriate negotiation and conflict resolution skills</li> </ul>	<ul style="list-style-type: none"> <li>• At least 3 years of Yoga teaching</li> <li>• At least 12 hours of training in interpersonal skills (incl. basic counselling skills) as part of teacher training or other training</li> <li>• At least 5 hours of training in basic counselling skills in a therapeutic setting as part of Yoga therapy training</li> <li>• At least 12 hours of training in therapeutic relationships as part of Yoga therapy training.</li> </ul>	<ul style="list-style-type: none"> <li>• Level 2 or 3 membership of YTA</li> <li>• Yoga Alliance 500 hour certification</li> <li>• Qualification as primary or secondary health care provider, along with current registration or membership of association of peers</li> </ul>
<p><b>2.2</b> Conduct a Yoga Therapy Health Assessment</p>	<ul style="list-style-type: none"> <li>• Undertake accurate/appropriate history taking and recording</li> <li>• Apply an established Yoga Therapy assessment framework, eg: Darshana, Prashna, Sparshana, Heyam, Hetu, Hanam &amp; Upayam</li> <li>• Undertake an appropriate structural, functional, emotional and general health assessment</li> <li>• Undertake an appropriate assessment of the clients lifestyle factors</li> <li>• Demonstrate respect for social, cultural and ethnic circumstances</li> </ul>	<ul style="list-style-type: none"> <li>• At least 3 years of Yoga teaching</li> <li>• At least 8 hours of student assessment study as part of teacher training</li> <li>• At least 30 hours of health assessment training as part of Yoga Therapy training</li> </ul>	<ul style="list-style-type: none"> <li>• Level 2 or 3 membership of YTA</li> <li>• Yoga Alliance 500 hour certification</li> <li>• Qualification as primary or secondary health care provider, along with current registration or membership of</li> </ul>

	<ul style="list-style-type: none"> <li>• Demonstrate communication skills</li> <li>• Demonstrate respect for practitioner / client/patient boundaries</li> <li>• Interpret referrals and reports from other health care providers</li> </ul>		association of peers
<p><b>2.3</b> Provide Yoga Therapy advice and treatment</p>	<ul style="list-style-type: none"> <li>• Incorporation of the philosophies and principles of Yoga in the provision of Yoga Therapy</li> <li>• Demonstrate ability to design an individual Yoga therapy program based on assessment findings</li> <li>• Consult with the client to establish the Yoga Therapy program based on their goals and capabilities</li> <li>• Check for client's understanding and application of the program</li> <li>• Recommend additional resources where appropriate</li> <li>• Conduct appropriate follow-up review of treatment</li> </ul>	<ul style="list-style-type: none"> <li>• At least 3 years of Yoga teaching</li> <li>• At least 60 hours of Yoga Therapy treatment training as part of Yoga Therapy training, including at least 12 hours of client case work</li> </ul>	<ul style="list-style-type: none"> <li>• Level 2 or 3 membership of YTAA</li> <li>• Yoga Alliance 500 hour certification</li> <li>•</li> </ul>

### 3. Professional Practice

Area of practice	skills and competencies	Primary Evidence Guide (all required)	Secondary Evidence Guide (one or more may apply)
<p><b>3.1</b> The application of Yoga principles and philosophies in professional practice</p>	<ul style="list-style-type: none"> <li>• Demonstrate application of yamas and niyamas to own yogic lifestyle and understanding of application in a therapeutic context</li> <li>• Demonstrate commitment to own personal Sadhana, including self-reflection (Svadyaya)</li> </ul>	<ul style="list-style-type: none"> <li>• At least 3 years of Yoga teaching</li> <li>• At least 20 hours study of Yoga philosophy and principles (Inc Yoga Sutras) as part of teacher training or other training.</li> <li>• At least 10 hours of training in the therapeutic application of Yoga principle and philosophies as part of Yoga Therapy training</li> <li>• An established, regular personal Sadhana</li> </ul>	<ul style="list-style-type: none"> <li>• Level 2 or 3 membership of YTAA</li> <li>• Yoga Alliance 500 hour certification</li> </ul>
<p><b>3.2</b> The application of First Aid (to at least level 1)</p>	<ul style="list-style-type: none"> <li>• Recognised first aid certificate by industry approved provided</li> <li>• Currency of First Aid qualification is maintained, including CPR</li> </ul>	<ul style="list-style-type: none"> <li>• Current first aid certificate to at least level 1</li> </ul>	<ul style="list-style-type: none"> <li>• Current registration as nurse or medical practitioner</li> </ul>
<p><b>3.3</b> Legal and ethical practice in accord</p>	<p>Demonstrate understanding of the legislation and working requirements of:</p> <ul style="list-style-type: none"> <li>• Occupational Health &amp; Safety</li> </ul>	<ul style="list-style-type: none"> <li>• The equivalent of 1 full day training in OH&amp;S as part of teacher training or other</li> </ul>	<ul style="list-style-type: none"> <li>• Level 2 or 3 membership of YTAA</li> <li>• Yoga Alliance 500 hour</li> </ul>

<p><b>with current legislation</b></p>	<ul style="list-style-type: none"> <li>•Duty of Care</li> <li>•Confidentiality</li> <li>•Privacy</li> <li>•Freedom Of Information</li> <li>•Equal opportunity</li> </ul>	<p>training</p> <ul style="list-style-type: none"> <li>•At least 4 hours of legal &amp; ethical training as part of Yoga Therapy training</li> </ul>	<p>certification</p> <ul style="list-style-type: none"> <li>•Workplace OH&amp;S representative in the past 5 years</li> </ul>
<p><b>3.4</b> The administration of a Professional Practice</p>	<p>Application of:</p> <ul style="list-style-type: none"> <li>•Professional one to one client care</li> <li>•Professional dealing with other professionals</li> <li>• therapist self-care</li> <li>•business legislative and industry requirements, including taxation, insurance and advertising code of conduct</li> <li>•effective practice management strategies including: <ul style="list-style-type: none"> <li>• Record keeping</li> <li>• Fee structure</li> <li>• Supportive working environment</li> <li>• Industry relationships</li> <li>• Promotion and advertising guidelines</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>•At least 3 years of Yoga teaching</li> <li>•At least 4 hours of practice administration study as part of teacher training or other training</li> <li>•At least 4 hours of training in practice administration as part of Yoga Therapy training</li> </ul>	<ul style="list-style-type: none"> <li>•Level 2 or 3 membership of YTAA</li> <li>•Yoga Alliance 500 hour certification</li> <li>•Qualification as health care or other service provider</li> <li>•Self employment in health care or other service provision</li> </ul>
<p><b>3.5</b> Development and maintenance of effective professional relationships with peers and allied health service providers</p>	<ul style="list-style-type: none"> <li>• Demonstrate effective negotiation and conflict resolution skills</li> <li>• Demonstrate effective communication skills including knowledge of biomedical language and common usage language</li> <li>• Apply knowledge of various modes of communication appropriate to the practice of Yoga Therapy</li> <li>• Demonstrate positive regard for peers</li> <li>• Apply Yogic ethical and behavioural principles in dealings with others</li> <li>• Demonstrate understanding and interpretation of referrals and reports</li> </ul>	<ul style="list-style-type: none"> <li>•At least 3 years of Yoga teaching</li> <li>•At least 12 hours of training in interpersonal skills as part of teacher training or other training</li> <li>•At least 8 hours of training in relationship building and referrals as part of Yoga Therapy training</li> </ul>	<ul style="list-style-type: none"> <li>•Qualification as health care or other service provider</li> <li>•Self employment in health care or other service provision</li> </ul>
<p><b>3.6</b> Knowledge of the broader Health-Care sector</p>	<ul style="list-style-type: none"> <li>• Identify the roles of other professionals a Yoga Therapist may work alongside or refer on to, and an understand when to refer on to them (public and private health systems)</li> <li>• Demonstrate understand terminology used in the broader health-care sector</li> </ul>	<ul style="list-style-type: none"> <li>•At least 8 hours of training in relationship building and referrals as part of Yoga Therapy training</li> <li>•At least 4 hours of training in knowledge of the roles of</li> </ul>	<ul style="list-style-type: none"> <li>•Qualification as health care or other service provider</li> <li>•Self employment in health care or other service provision</li> </ul>

		<p>other health-care providers and common, health-care sector terminology as part of Yoga therapy or other training</p>	
<p><b>3.7</b> Facilitation of referrals to other Health-Care Professionals</p>	<ul style="list-style-type: none"> <li>• Establish and maintain a referral network</li> <li>• Provide effective referrals</li> <li>• Apply knowledge of other health care modalities and community resources to assist clients</li> </ul>	<ul style="list-style-type: none"> <li>• At least 3 years of Yoga teaching</li> <li>• At least 8 hours of training in relationship building and referrals as part of Yoga Therapy training</li> </ul>	<ul style="list-style-type: none"> <li>• Qualification as health care or other service provider</li> <li>• Self employment in health care or other service provision</li> </ul>
<p><b>3.8</b> Awareness and Application of current research and information to Yoga Therapy practice</p>	<ul style="list-style-type: none"> <li>• Identify and access a range of primary and secondary, information sources</li> <li>• Access and critically evaluate current reference material on the effects of Yoga and other therapies</li> <li>• Include new findings in clinical treatment strategies</li> </ul>	<ul style="list-style-type: none"> <li>• At least 4 hours of training in research evaluation as part of Yoga Therapy or other health-care training.</li> </ul>	<ul style="list-style-type: none"> <li>• Qualification as health care provider</li> <li>• Qualification that included the study of research and/or the undertaking of a research project</li> </ul>
<p><b>3.9</b> Commitment to ongoing Personal and Professional Development</p>	<ul style="list-style-type: none"> <li>• Maintain personal Yoga practice or Sadhana</li> <li>• Maintain currency of skills and knowledge through appropriate professional development programs</li> <li>• Demonstrate an understanding of the situations which may necessitate professional support, consultation with other professionals, and formal supervision</li> </ul>	<ul style="list-style-type: none"> <li>• An established, regular personal Sadhana</li> <li>• Professional development in accord with industry requirements (YTAA CPD etc)</li> <li>• At least 8 hours of training in relationship building and referrals as part of Yoga Therapy training</li> <li>• At least 5 hours of training in basic counselling skills in a therapeutic setting as part of Yoga therapy training</li> </ul>	<ul style="list-style-type: none"> <li>• Level 2 or 3 membership of YTAA</li> <li>• Yoga Alliance 500 hour certification</li> </ul>