



Membership Standards & Knowledge and Skills Profile for Yoga Therapists

This profile is in 3 sections:

- Underpinning Knowledge and Theory
- Application and Practice of Yoga Therapy
- Professional Practice

1. Underpinning Knowledge and Theory

Area of knowledge	Skills and competencies	Required learning as a Yoga teacher (pre-requisite to Yoga therapy training)	Required learning from Yoga therapy training	Supporting evidence (one or more may apply)
<p>1.1 Yoga principles and philosophies in the provision of Yoga therapy</p>	<ul style="list-style-type: none"> • 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 • Demonstrated knowledge of the goals of Yoga and the obstacles according to the Yoga Sutras of Patanjali • Demonstrated knowledge and application of accepted Yoga models such as: the klesas, mahabhatani and their relationship to indriyas • Demonstrated knowledge and application of the Yogic model of mind • Demonstrated knowledge and application of yamas and niyamas to own yogic lifestyle and understanding of application to therapeutic context • In depth understanding of the relationship between spirituality and health and well being 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 50 hours study of Yoga philosophy and principles as part of Yoga teacher training or other pre-requisite training. This may include: study of the Yoga Sutras of Patanjali, the Samkhya tattvas and a basic study of the Bhagavad Gita and Hatha-Yoga Pradipika. 	<ul style="list-style-type: none"> • At least 10 hours of training in the therapeutic application of Yoga principles and philosophies, such as: the kleshas and indriyas and the application of yama and niyama in a therapeutic setting, as part of Yoga therapy training. 	<ul style="list-style-type: none"> • Level 2 or 3 membership of Yoga Australia (YA), or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala, and • Demonstrated maintenance of an ongoing personal sadhana (yoga practice)

<p>1.2 Yogic physiology in the provision of Yoga therapy</p>	<ul style="list-style-type: none"> • Demonstrated knowledge and therapeutic application of Yogic subtle principles such as: panca vayus, panca kosa, chakras, nadis, prana, tejas, ojas, agni and ama. • In depth understanding of the relationships between yogic physiology and health and well being 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 30 hours study of Yogic physiology (or Yogic subtle systems) as part of Yoga teacher training or other pre-requisite training. This may include study of: panca maya kosa model, nadis, chakras and panca vayus 	<ul style="list-style-type: none"> • At least 10 hours of additional training in the application of Yogic physiology (or Yogic subtle systems), such as: agni and ama, subtle pranas and the application of the panca maya kosa model, as part of Yoga therapy training. 	<ul style="list-style-type: none"> • Level 2 or 3 membership of YA, or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala.
<p>1.3 Anatomy and physiology in the provision of Yoga therapy</p>	<ul style="list-style-type: none"> • An understanding of the functioning of systems of the body including: the musculoskeletal, respiratory, cardiovascular, nervous, endocrine, reproductive and digestive • An understanding of metabolism • Basic knowledge of patho-physiology (common conditions) • Basic knowledge of bio-medical language • Knowledge of structural anatomy and functional physiology • Basic knowledge of Ayurveda • An understanding of the relationship between systems • An understanding of the body-mind relationship 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 50 hours of anatomy and physiology study as part of teacher training or through other A&P training applicable to Yoga 	<ul style="list-style-type: none"> • At least 20 hours of training in the therapeutic application of functional anatomy and physiology and patho-physiology (common conditions) as part of Yoga therapy training • At least 5 hours of study of basic Ayurveda principles • At least 5 hours of study of basic psycho-physiology (the nature of the mind and its relationship to the body) 	<ul style="list-style-type: none"> • Level 2 or 3 membership of YA, or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala, and • Qualification as primary or secondary health care provider (inc CAM), psychologist or nurse, along with current registration or membership of association of peers

<p>1.4 Yoga practices</p>	<ul style="list-style-type: none"> • In depth understanding of a range of Yoga practices, such as: asana, pranayama, relaxation, dhyana, mudras and bandhas, along with their therapeutic application • Demonstrated knowledge and therapeutic application of Yogic lifestyle modifications, such as: diet, rest/work cycles and relationships 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching. • At least 200 hours of training in the application of Yoga practices (such as: asana, pranayama, relaxation, dhyana, mudra and bandha) as part of teacher training or other training 	<ul style="list-style-type: none"> • At least 24 hours of training in the therapeutic application of Yoga practices (such as: asana, pranayama, relaxation, dhyana, mudra and bandha) as part of Yoga therapy training • At least 10 hours training in lifestyle modifications (incl. diet) in the Yogic model, as part of Yoga therapy training 	<ul style="list-style-type: none"> • Level 2 or 3 membership of YA, or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala.
<p>1.5 Client assessment principles and methodologies</p>	<ul style="list-style-type: none"> • Knowledge of accurate/appropriate history taking and recording • Knowledge of appropriate use of darshana, prashna and sparshana • Understanding and appropriate application of heyam, hetu, hanam and upayam • Knowledge and appropriate use of structural and functional assessment • Knowledge and appropriate use of lifestyle assessment • Demonstrated understanding of social, cultural and ethnic sensitivities • Demonstrated communication skills • Demonstrated respect for healthy client - practitioner boundaries • Ability to interpret referrals from other health care providers • Knowledge of contra-indications to specific treatments 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching 	<ul style="list-style-type: none"> • At least 30 hours of health assessment training as part of Yoga therapy training 	<ul style="list-style-type: none"> • Level 2 or 3 membership of YA, or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala, and • Qualification as primary or secondary health care provider, along with current registration or membership of association of peers

<p>1.6 Yoga therapy program design and review</p>	<ul style="list-style-type: none"> • Knowledge of the application of the 8 limbs of Yoga • Demonstrated ability to appropriately interpret assessment findings • In depth knowledge of orderly sequencing of practices and vinyasa krama in the broadest sense • In depth knowledge of and ability to apply an appropriate range of therapeutic interventions • In depth knowledge of modifications and contra indications for various practices 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • 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 	<ul style="list-style-type: none"> • At least 20 hours of training in program development as part of Yoga therapy training 	<ul style="list-style-type: none"> • Level 2 or 3 membership of YA, or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala.
<p>1.7 Basic counselling principles and skills</p>	<ul style="list-style-type: none"> • Knowledge of effective communication skills • An understanding of basic counselling methods • Ability to use basic counselling skills • Knowledge of boundaries/limits to scope of practice • Ability to assess the need for referral to professional counselling 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching 	<ul style="list-style-type: none"> • At least 5 hours of training in basic counselling skills in a therapeutic setting as part of Yoga therapy training <p>(concurrent with standard 3.9)</p>	<ul style="list-style-type: none"> • A recognised counselling qualification, or • Qualification as a psychologist or primary health-care provider
<p>1.8 Principles of therapeutic relationship</p>	<ul style="list-style-type: none"> • Knowledge of various modes of communication appropriate to the practice of Yoga therapy, including verbal and non-verbal. • Knowledge of mutual positive regard • Knowledge of energetic connection • Knowledge of confidentiality and mutual trust • An understanding of professional boundaries as they relate to Yoga therapy 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching 	<ul style="list-style-type: none"> • At least 12 hours of training in therapeutic relationships as part of Yoga therapy training. 	<ul style="list-style-type: none"> • Qualification as a primary or secondary health care provider

<p>1.9 Therapeutic group skills</p>	<ul style="list-style-type: none"> • Understanding of group dynamics as they pertain to therapeutic groups • Demonstrates sensitivity to the issues in managing therapeutic groups • Demonstrated ability to manage both individual and group needs in therapeutic groups • An understanding of the indications for recommending individual Yoga therapy outside of the therapeutic group 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching (in group settings) • At least 50 hours of training in the methodologies of managing and teaching groups (such as: principles of demonstration, observation, communication and adjustments, instruction, teaching styles, learning styles) as part of teacher training or other training. 	<ul style="list-style-type: none"> • At least 5 hours of training in group dynamics as part of Yoga therapy training 	<ul style="list-style-type: none"> • Level 2 or 3 membership of YA, or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala and • Qualification as a psychologist, counsellor or other allied health practitioner trained in therapeutic group skills, or • Qualification as a teacher or trainer with TAA04 equivalence
--	---	--	---	---

2. Application and Practice of Yoga Therapy

Area of application	Skills and competencies	Required learning as a Yoga teacher (pre-requisite to Yoga therapy training)	Required learning from Yoga therapy training	Supporting evidence (one or more may apply)
<p>2.1 Develop and maintain effective therapeutic relationships</p>	<ul style="list-style-type: none"> • Demonstrate effective communication skills • Respond appropriately to a range of clients in a range of situations • Establish and maintain effective boundaries • Develop and maintain an appropriate and effective physical, psychological and energetic therapeutic environment • Demonstrate positive regard for clients • Apply Yogic ethical and behavioural principles in client dealings • Provide a safe treatment in accordance with the individual, condition and presence of complicating factors. • Demonstrate appropriate negotiation and conflict resolution skills 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching 	<ul style="list-style-type: none"> • At least 5 hours of training in basic counselling skills in a therapeutic setting as part of Yoga therapy training (concurrent with standard 3.9) • At least 12 hours of training in therapeutic relationships as part of Yoga therapy training. (concurrent with standard 3.5) 	<ul style="list-style-type: none"> • Level 2 or 3 membership of YA, or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala, and • Qualification as primary or secondary health care provider, along with current registration or membership of association of peers

<p>2.2 Conduct a Yoga therapy health assessment</p>	<ul style="list-style-type: none"> • Undertake accurate/appropriate history taking and recording • Apply an established Yoga therapy assessment framework, eg: darshana, prashna, sparshana, heyam, hetu, hanam and upayam • Undertake an appropriate structural, functional, emotional and general health assessment • Undertake an appropriate assessment of the client's lifestyle factors • Demonstrate respect for social, cultural and ethnic circumstances • Demonstrate communication skills • Demonstrate respect for practitioner / client/patient boundaries • Interpret referrals and reports from other health care providers 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching 	<ul style="list-style-type: none"> • At least 30 hours of health assessment training as part of Yoga therapy training, including assessment in the Yogic framework 	<ul style="list-style-type: none"> • Level 2 or 3 membership of YA, or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala, and • Qualification as primary or secondary health care provider, along with current registration or membership of association of peers
<p>2.3 Provide Yoga therapy advice and treatment</p>	<ul style="list-style-type: none"> • Incorporation of the philosophies and principles of Yoga in the provision of Yoga therapy • Demonstrate ability to design an individual Yoga therapy program based on assessment findings • Consult with the client to establish the Yoga therapy program based on their goals and capabilities • Check for client's understanding and application of the program • Recommend additional resources where appropriate • Conduct appropriate follow-up review of treatment 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching 	<ul style="list-style-type: none"> • At least 60 hours of Yoga therapy treatment training as part of Yoga therapy training, including at least 12 hours of client case work 	<ul style="list-style-type: none"> • Level 2 or 3 membership of YA, or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala.

3. Professional Practice

Area of practice	Skills and competencies	Required learning as a Yoga teacher (pre-requisite to Yoga therapy training)	Required learning from Yoga therapy training	Supporting evidence (one or more may apply)
3.1 The application of Yoga principles and philosophies in professional practice	<ul style="list-style-type: none"> • Demonstrate application of yamas and niyamas to own yogic lifestyle and understanding of application in a therapeutic context • Demonstrate commitment to own personal Sadhana, including self-reflection (Svadyaya) 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 20 hours study of Yoga philosophy and principles (inc Yoga Sutras) as part of teacher training or other training. • An established, regular personal sadhana 	<ul style="list-style-type: none"> • At least 10 hours of training in the therapeutic application of Yoga principles and philosophies as part of Yoga therapy training • An established, regular personal sadhana 	<ul style="list-style-type: none"> • Level 2 or 3 membership of YA, or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala.
3.2 The application of First Aid (to at least level 1)	<ul style="list-style-type: none"> • Recognised first aid certificate by industry approved provider • Currency of First Aid qualification is maintained, including CPR 	<ul style="list-style-type: none"> • Current first aid certificate to at least level 1 	<ul style="list-style-type: none"> • Current first aid certificate to at least level 1 	<ul style="list-style-type: none"> • Current registration as nurse or medical practitioner
3.3 Legal and ethical practice in accord with current legislation	<ul style="list-style-type: none"> • Demonstrate understanding of the legislation and working requirements of: <ul style="list-style-type: none"> ○ Occupational Health & Safety ○ Duty of Care ○ Confidentiality ○ Privacy ○ Freedom Of Information ○ Equal Opportunity 		<ul style="list-style-type: none"> • At least 8 hours of legal and ethical training as part of Yoga therapy training, including OH&S 	<ul style="list-style-type: none"> • Level 2 or 3 membership of YA, or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala, and • Workplace OH&S representative in the past 5 years

<p>3.4 The administration of a professional practice</p>	<p>Application of:</p> <ul style="list-style-type: none"> • Professional one to one client care • Professional dealing with other professionals • Therapist self-care • Business legislative and industry requirements, including taxation, insurance and advertising code of conduct • Effective practice management strategies including: <ul style="list-style-type: none"> • record keeping • fee structure • supportive working environment • industry relationships • promotion and advertising guidelines 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching 	<ul style="list-style-type: none"> • At least 4 hours of training in practice administration as part of Yoga therapy training 	<ul style="list-style-type: none"> • Level 2 or 3 membership of YA, or • Yoga Alliance 500 hour certification, or • Internship or studentship at a recognised Yoga ashram or Yoga shala, and • Qualification as health care or other service provider, or • Self employment in health care or other service provision
<p>3.5 Development and maintenance of effective professional relationships with peers and allied health service providers</p>	<ul style="list-style-type: none"> • Demonstrate effective negotiation and conflict resolution skills • Demonstrate effective communication skills including knowledge of biomedical language and common usage language • Apply knowledge of various modes of communication appropriate to the practice of Yoga therapy • Demonstrate positive regard for peers • Apply Yogic ethical and behavioural principles in dealings with others • Demonstrate understanding and interpretation of referrals and reports 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching 	<ul style="list-style-type: none"> • At least 8 hours of training in peer relationship building and referrals as part of Yoga therapy training • At least 12 hours of training in therapeutic relationships as part of Yoga therapy training. 	<ul style="list-style-type: none"> • Qualification as health care or other service provider, or • Self employment in health care or other service provision

<p>3.6 Knowledge of the broader health-care sector</p>	<ul style="list-style-type: none"> • Identify the roles of other professionals a Yoga therapist may work alongside or refer on to, and an understanding when to refer on to them (public and private health systems) • Demonstrate understanding of terminology used in the broader health-care sector 		<ul style="list-style-type: none"> • At least 8 hours of training in relationship building and referrals as part of Yoga therapy training • At least 4 hours of training in knowledge of the roles of other health-care providers and common health-care terminology as part of Yoga therapy or other training 	<ul style="list-style-type: none"> • Qualification as health care or other service provider, or • Self employment in health care or other service provision
<p>3.7 Facilitation of referrals to other health-care professionals</p>	<ul style="list-style-type: none"> • Establish and maintain a referral network • Provide effective referrals • Apply knowledge of other health care modalities and community resources to assist clients 	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching 	<ul style="list-style-type: none"> • At least 8 hours of training in relationship building and referrals as part of Yoga therapy training (concurrent with standard 3.6) 	<ul style="list-style-type: none"> • Qualification as health care or other service provider, or • Self employment in health care or other service provision
<p>3.8 Awareness and application of current research and information to Yoga therapy practice</p>	<ul style="list-style-type: none"> • Identify and access a range of primary and secondary information sources • Access and critically evaluate current reference material on the effects of Yoga and other therapies • Include new findings in clinical treatment strategies 		<ul style="list-style-type: none"> • At least 4 hours of training in research evaluation as part of Yoga therapy or other health-care training. 	<ul style="list-style-type: none"> • Qualification as health care provider, or • Qualification that included the study of research and/or the undertaking of a research project

<p>3.9 Commitment to ongoing personal and professional development</p>	<ul style="list-style-type: none"> •Maintain personal Yoga practice or sadhana •Maintain currency of skills and knowledge through appropriate professional development programs •Demonstrate an understanding of the situations which may necessitate professional support, consultation with other professionals and/or formal supervision 	<ul style="list-style-type: none"> •At least 3 years of Yoga teaching •An established, regular personal sadhana •Professional development in accord with industry requirements (YA CPD etc) 	<ul style="list-style-type: none"> •At least 8 hours of training in relationship building and referrals as part of Yoga therapy training (concurrent with standard 3.6) •At least 5 hours of training in basic counselling skills in a therapeutic setting as part of Yoga therapy training 	<ul style="list-style-type: none"> •Level 2 or 3 membership of YA, or •Yoga Alliance 500 hour certification, or •Internship or studentship at a recognised Yoga ashram or Yoga shala.
---	--	--	---	--