

1. Underpinning Knowledge

Area of knowledge	skills and competencies (to include, but not limited to)	Hours of training and other learning (inc self-directed) provided for each area of knowledge / competency
1.1 Yoga principles and philosophies in the provision of Yoga Therapy	<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 	1 hour
1.2 Yogic Physiology in	<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. 	1 hour

<p>the provision of Yoga Therapy</p>	<ul style="list-style-type: none"> • In depth understanding of the relationships between yogic physiology and health and well being 	
<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 	<p>3 hours</p>
<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 	<p>2 hours</p>
<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 & Upayam • Knowledge and appropriate use of structural and functional assessment • Knowledge and appropriate use of lifestyle assessment • Demonstrated understanding of social, cultural and ethnic 	<p>2 hours</p>

	<p>sensitivities</p> <ul style="list-style-type: none"> • 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 	
<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 	3 hours
<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 	1 hour
<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 	1 hour

	Yoga Therapy	
<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 	1 hour

2. Application of Yoga Therapy

Area of application	skills and competencies (to include, but not limited to)	Hours of training and other learning (inc self-directed) provided for each area of knowledge / competency
2.1 Develop and maintain effective therapeutic relationships	<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 	1 hour
2.2 Conduct a Yoga Therapy Health Assessment *	<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 & Upayam • Undertake an appropriate structural, functional, emotional and general health assessment • Undertake an appropriate assessment of the clients lifestyle factors 	3 hours

	<ul style="list-style-type: none"> • 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 	
<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 <p>* These two criteria form a large part of the work of a Yoga Therapist and are the culmination of many other criteria. Accordingly the curriculum mapping for these criteria needs to reflect their importance</p>	8 hours

Professional Practice

Area of practice	skills and competencies (to include, but not limited to)	Hours of training and other learning (inc self-directed) provided for each area of knowledge / competency
<p>3.1 The application of Yoga principles and philosophies in professional practice</p>	<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) 	1 hour
<p>3.2 The application of First Aid (to at least level 1)</p>	<ul style="list-style-type: none"> ● Recognised first aid certificate by industry approved provided ● Currency of First Aid qualification is maintained, including CPR 	nil
<p>3.3 Legal and ethical practice in accord with current legislation</p>	<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 	nil

	<ul style="list-style-type: none"> ○ Freedom Of Information ○ Equal opportunity 	
3.4 The administration of a Professional Practice	<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 	nil
3.5 Development and maintenance of effective therapeutic relationships with peers and allied health service providers	<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 	2 hours
3.6 Knowledge of the broader Health-Care	<ul style="list-style-type: none"> ● 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) 	1 hour

sector	<ul style="list-style-type: none"> • Demonstrate understand terminology used in the broader health-care sector 	
3.7 Facilitation of referrals to other Health-Care Professionals	<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 	nil
3.8 Awareness and Application of current research and information to Yoga Therapy practice	<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 	2 hours
3.9 Commitment to ongoing Personal and Professional Development	<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 formal supervision 	1 hour