



AUSTRALASIAN ASSOCIATION OF
YOGA THERAPISTS
Leadership • Education • Integrative Medicine
Reg: A0050842W

MEMBERSHIP AND EDUCATIONAL STANDARDS FOR ONLINE/DISTANCE COURSES

What is an online/distance course?

An online/distance course is defined as a course whereby the course material and assessment procedure are submitted and accessed in a number of ways rather than face-to-face. Although this will mainly be electronically, there may be some situations where postal mail needs to be used. Larger organisations may have fully supported IT systems to provide full electronic transmission of courses. However, AAYT recognises that there are many other ways to deliver courses and provide assessment. This may be via a specific site (for example, Dropbox), DVD, USB stick, documents attached to an email and in some cases postage mail. Feedback, mentoring and assessment may also be carried out by a number of methods depending on the ease of access for each student and include but may not be restricted to: DVD, Documents attached to an email, Skype and phone.

Course material may consist of a combination of pre-recorded lectures or webinars, power-point, written notes, video and audio files. Assessment will also be provided in an appropriate format with clear details provided at the commencement of the course. Marking will be within a specific timeframe.

The main difference between face-to-face and online/distance courses is the timeframe; the latter providing more flexibility when a student can study and complete course requirements. However, the course must still provide the equivalent of 70% face-to-face teaching and feedback needs to be provided within a specific time. It is up to the Training Provider to show how the distance or online teaching is equivalent to 70% face-to-face teaching. Adequate proof must also be supplied for the method of mentoring for the Practicum (150 hours).

Online/distance courses will also comply with the *iNACOL National Standards of Quality for Online Courses*¹. They are included as Appendix B.

1. Pape L, Wicks M, et al.; National Standards for Quality Online Programs; October 2009

A. Pre Requisite Training and Experience

To apply for AAYT membership evidence for the following pre requisite training/experience must be provided.

If entering an *AAYT accredited Training Program* the training provider must provide a certificate/statement which states that pre requisites have been met and verified. This certificate/statement, along with a certificate of course completion, must be supplied by applicants to AAYT as part of their membership application.

Pre Requisite	Details	Accepted Supporting Evidence
1 Yoga Teacher Training	<ul style="list-style-type: none"> - minimum 350 hours teacher training, or - Yoga Australia accredited Teacher 	<ul style="list-style-type: none"> - certificate of completion for yoga teacher training which includes the number of hours, or - Yoga Australia accredited Teacher certificate
2 Teaching Experience	<ul style="list-style-type: none"> - minimum of 2 years or 300 hours regular yoga teaching, up to 1 year or up to 150 hours of which may be concurrent with yoga teacher training 	<ul style="list-style-type: none"> - declaration outlining 2 years or 300 hours yoga teaching experience which includes letters from employers or studio timetables, and statement from teacher training provider (for concurrent hours)
3 Personal Practice	<ul style="list-style-type: none"> - minimum 2 years 	<ul style="list-style-type: none"> - declaration which includes time period of personal practice and details of personal practice
4 First Aid	<ul style="list-style-type: none"> - current First Aid and CPR certificates to be supplied if not a Yoga Australia Accredited Teacher - current First Aid/CPR certificates will be required for membership renewal if not a Yoga Australia Accredited Teacher 	<ul style="list-style-type: none"> - copy of current First Aid certificate, or - Yoga Australia Accredited Teacher certificate

Post Graduate training in Yoga Therapy must cover the following areas and total a **minimum of 650 hours of training** over a **minimum two year period** consisting of 500 hours of teaching and 150 hours practicum (4.3). It is a requirement that 70% of the 650 hours be contact hours. It is expected that at least half of the Practicum will be supervised non-contact hours.

Definition of terms within the Skills and Competencies

Contact hours	Refers to direct contact between teacher or assigned mentor and student/s such as face-to-face teaching on site or by electronic methods such as webinars, skype, email mentoring and other methods. This method implies imparting/discussion of Yoga Therapy skills and competencies whereby interaction can occur between teacher/mentor and student on a specific task or learning requirement.
Non-contact hours	Refers to teacher/mentor supported non-contact hours. Examples may include prescribed reading, research and completion of self-directed learning tasks necessary to aid the acquisition of the skills and competencies for Yoga Therapy training. Some of the Practicum hours can also be considered supervised non-contact hours.
Practicum	Refers to the hours allocated to the practical application of Yoga Therapy skills as referred to in 4.3. These hours are under the guidance of the course teachers or an assigned mentor. They include the hours of direct practical experience as well as the hours of feedback and discussion by the course teacher or assigned mentor. Practicum hours will be both contact and non-contact hours. Non-contact practicum hours must be noted and signed or videoed. Non-contact hours may occur in a clinic, community setting, with an individual (video recording) or in a study/mentoring group under the guidance of a prescribed mentor. See Appendix A for further information about how Practicum hours may be accrued.
Teaching qualifications	For all teaching and mentoring, those who provide training will need to demonstrate appropriate qualification for the area in which they teach. It is strongly recommended each trainer/mentor has Training and Assessment (TAE) qualification. (By 2017 it will be mandatory that all teachers on AAYT accredited programs hold the qualification of TAE). Trainers are encouraged to become members or subscribers of AAYT.
Mentor	Refers to a person who is assigned to each student to help develop that student's skills and competencies during the course of Yoga Therapy training and during the practicum. The mentor should be suitably qualified in either yoga therapy or a specific health field, at or beyond the level of the training they are mentoring.
Transfer hours	Transfer hours of up to 150 hours from another program/course may be included in the 650-hour training program at the discretion of the course Training Provider. These hours are not part of the Practicum. They refer to hours that relate directly to competencies of the Membership and Educational Standards for Yoga Therapists. It is up to the Training Provider to match the transfer hours to the course competencies.

Summary of Key Learning Areas and associated hours

Category	Details	Minimum Hours
Section 1 – Yoga Foundations	1.1 Yoga Principles and Philosophies in the provision of Yoga Therapy 1.2 Yoga and the Mind 1.3 Yogic Framework for Health and Disease 1.4 Yoga Practices 1.5 Ayurvedic Principles	35 hours 35 hours 50 hours 60 hours 5 hours Total Minimum Hours – 185
Section 2 – Western Foundations	2.1 Anatomy and Physiology 2.2 Patho-Physiology 2.3 Psycho-Physiology 2.4 Biomedical and Social Knowledge 2.5 Research	50 hours 25 hours 50 hours 15 hours 10 hours Total Minimum Hours – 150
Section 3 – Teaching and Therapeutic Skills	3.1 The Therapeutic Relationship 3.2 Therapeutic Group Skills 3.3 Educating Clients/Students	35 hours 10 hours 35 hours Total Minimum Hour - 80
Section 4 – Yoga Therapy Application	4.1 Client Assessment 4.2 Program Design and Review 4.3 Provide Yoga Therapy Advice and Treatment (practicum)	30 hours 30 hours 150 hours Total Minimum Hours - 210
Section 5 – Professional Practice	5.1 Professional Ethics 5.2 Legal, Regulatory and Business Issues relating to the Administration of a Professional Practice 5.3 Professional Relationships 5.4 Continuing Professional Development	10 hours 5 hours 5 hours 5 hours Total Minimum Hours - 25

Specific details of the Skills and Competencies required are on the following pages.

C. Membership Standards
Section 1 – Yoga Foundations

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
<p>1.1 Yoga principles and philosophies in the provision of Yoga Therapy</p>	<p>1.1.1 Knowledge of the principles and philosophies of the yoga tradition and its relevance and application to Yoga Therapy.</p> <p>Includes teachings from the Vedic and post Vedic period, Samkyha, Yoga Tantra and Ayurveda.</p> <p>Includes core principles of yoga as espoused in seminal yoga texts such as the Bhagavad Gita, Patanjali’s Yoga Sutras and Hatha Yoga Pradipika.</p> <p>Examples of concepts and models from the principles and philosophies relevant to Yoga Therapy include, but are not limited to:</p> <ul style="list-style-type: none"> • <i>tanmatra/bhuta/indriya</i> (subtle element, gross elements, senses) • <i>purusha/prakrti</i> (consciousness/material world) • <i>pancamaya kosha</i> (dimensions of the human system) • <i>guna</i> (fundamental forces of nature) • <i>duhkha</i> (suffering/discomfort) • <i>klesha</i> • <i>yama</i> and <i>niyama</i> <p>1.1.2 Knowledge of the relationship between spirituality, health and wellbeing.</p>	<p>35 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content and how it relates to specifically to Yoga Therapy</p>

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
1.2 Yoga and the Mind	<p>1.2.1 Knowledge of yoga perspectives on the structure, states, functioning and conditions of the mind, including but not limited to:</p> <ul style="list-style-type: none"> • <i>drashtr</i> (seer), <i>drshya</i> (seen) • <i>antahkaranana citta</i> (consciousness), <i>buddhi</i> (intellect), <i>ahamkara</i> (ego), <i>manas</i> (mind) • <i>citta vritti</i> (activities of the mind), <i>citta pariama</i> (structural changes in the mind), <i>vyutthana/nirodha</i> (mind's potential for distraction and focus) • <i>artha</i> (cognition), <i>bhava</i> (mood), <i>svabhava</i> (inborn nature), <i>vasana</i> (residue of experience), <i>samskara</i> (conditioned pattern of thinking and behaviour) • states of mind: <i>mudha</i> (stupefied/dull), <i>kshipta</i> (disturbed), <i>vikshipsta</i> (alternating between distraction and focus), <i>ekagrata</i> (one pointed), <i>nirodha</i> (focus enveloped/held/restrained), <i>vaishvanara</i> (waking), <i>taijasa</i> (dream), <i>prajna</i> (deep sleep), <i>turiya</i> (beyond) <p>1.2.2 Knowledge of yoga perspectives on distracted/disturbed conditions of mind and their expressions as expressed in such texts as the Yoga Sutra, the Bhagavad Gita and other texts, including but not limited to:</p> <ul style="list-style-type: none"> • <i>klesha</i> (affliction) • <i>lobha</i>, <i>drodha</i> and <i>moha</i> (greed, anger, attachment) • <i>duhkha</i> and <i>daurmanasya</i> (suffering/discomfort and negative attitude/thinking, <i>sarupyam</i> (identification with the contents of the mind or seer taking the same form as the mind) • <i>antaraya</i> (obstacles to progress in yoga) 	<p>35 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content and how it relates to specifically to Yoga Therapy</p>

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
1.3 Yogic Framework for Health and Disease	<p>1.3.1 In-depth Knowledge of the yoga perspectives on health and disease from yoga framework, including the concepts of:</p> <ul style="list-style-type: none"> • <i>panca maya (kosha)</i> (fundamental structure of the human system) • subtle anatomy • <i>tri guna</i> (effect of <i>sattva</i> (equilibrium), <i>rajas</i> (activity), <i>tamas</i> (inertia)) • <i>ama</i> (undigested food, emotions, etc. accumulated in the body) • <i>agni</i> (internal fire(s) and their contribution to health) • <i>prana vayu</i> (<i>prana</i>, <i>apana</i>, <i>vyana</i>, <i>udana</i>, <i>samana</i>) • <i>prana prakopa</i> (disturbance of the <i>vayu</i>) • <i>chakra</i> • <i>nadi</i> • <i>tejas, ojas</i> • <i>surya/chandra</i> (sun/moon) • <i>brmhana/langhana</i> (add to/take away) • <i>vyuha</i> model: <i>heyam</i> (symptoms), <i>hetu</i> (causes), <i>hanam</i> (goal), <i>upayam</i> (tools) <p>1.3.2 In-depth Knowledge of the relationships between yogic physiology and health and well being</p>	<p>50 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content and how it relates to specifically to Yoga Therapy</p>

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
	<p>1.3.3 Knowledge of categorising illness, including</p> <ul style="list-style-type: none"> • development/evolution of disease (<i>samprapti</i>, pathogenesis), including not but limited to direction, intensity, onset and duration and their influence on the ease or difficulty of healing and disease management. • setting priorities: symptoms/pacification (<i>shaman</i>/short term) and purification/strengthening (<i>shodhana</i>/long term). 		
1.4 Yoga Practices	<p>1.4.1 In-depth knowledge of a range of yoga practices such as <i>asana</i>, <i>pranayama</i>, <i>relaxation</i>, <i>dhyana</i>, <i>mudra</i>, <i>bandha</i>, <i>yantra</i> and <i>mantra</i>, along with their therapeutic application.</p> <p>1.4.2 In-depth knowledge of the modifications and contraindications of yoga practices.</p> <p>1.4.3 In-depth knowledge of the therapeutic application of yogic lifestyle modifications such as diet, rest/work cycles and relationships.</p>	60 hours minimum	Certificate of completion from an AAYT accredited training program, or A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content and how it relates to specifically to Yoga Therapy
1.5 Ayurvedic Principles	<p>1.5.1 Basic knowledge of Ayurvedic principles and how they relate to the yogic framework of health, including the concepts of:</p> <ul style="list-style-type: none"> • <i>tri-dosha</i> theory • <i>prakrti/vikrti</i> (<i>dosha</i> constitution at birth/imbalance of the <i>dosha</i> currently expressed in the body) • <i>ama</i> (undigested food, emotions etc. accumulated in the body) • <i>agni</i> (internal fire(s) and their contribution to health) • <i>brmhana/langhana</i> (add to/take away) 	5 hours minimum	Certificate of completion from an AAYT accredited training program, or A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content and how it relates to specifically to Yoga Therapy

Section 2 – Western Foundations

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
2.1 Anatomy and Physiology	<p>2.1.1 Knowledge of human anatomy and physiology as relevant to the work of a yoga therapist. This includes:</p> <ul style="list-style-type: none"> • knowledge of the functioning of the systems of the body including musculo-skeletal, respiratory, cardiovascular, nervous, endocrine, reproductive and digestive • knowledge of the relationship between systems • knowledge of metabolism <p>2.1.2 Knowledge of biomechanics and movement as they relate to the practice of yoga and the work of a yoga therapist, including:</p> <ul style="list-style-type: none"> • structural anatomy and functional physiology • proprioception • normal ranges of motion 	<p>50 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content, or</p> <p>Qualification an allied health professional such as doctor, chiropractor, osteopath, physiotherapist or nurse, along with current registration or membership of an association of peers</p>
2.2 Patho-Physiology	<p>2.2.1 Basic knowledge of common pathologies and disorders of the major systems, including symptoms, management, illness trajectories and contraindications, as relevant to the work of a yoga therapist, including the ability to find such information if it is not already known</p>	<p>25 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content, or</p> <p>Qualification as an allied health professional such as doctor or nurse, along with current registration or membership of an association of peers</p>

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
2.3 Psycho-Physiology	<p>2.3.1 Knowledge of the body-mind relationship</p> <p>2.3.2 Knowledge of the interaction of the body, breath, mind, intellect and emotions in health and wellbeing</p> <p>2.3.2 Basic knowledge of commonly occurring mental health conditions – from psychological distress to psychiatric conditions – their symptoms and common approaches/interventions as they relate to the work of a yoga therapist</p> <p>2.3.3 Basic knowledge of psychological concepts and terminology, including mood, cognition, behaviour and personality, as relevant to the work of a yoga therapist</p>	50 hours minimum	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content, or</p> <p>Specific qualification as an allied health professional such as psychologist or social worker, along with current registration or membership of an association of peers</p>

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
2.4 Biomedical and Social Knowledge	<p>2.4.1 Basic knowledge of bio-medical language/terminology</p> <p>2.4.2 Basic knowledge of commonly used drugs and surgical procedures, as relevant to the work of a yoga therapist.</p> <p>2.4.3 Knowledge of how to refer to current healthcare information relevant to the work of a yoga therapist, including pathologies, disorders, drugs and surgical procedures, as relevant to the work of a yoga therapist</p> <p>2.4.4 Basic knowledge with models of human development, including developmental stages, lifecycles and personality and their importance to medical and psychological health and wellbeing.</p> <p>2.4.5 Basic knowledge with the influence of familial, social, cultural and religious conditioning on mental and medical perspectives of health and healing.</p>	<p>15 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content, or</p> <p>Qualification as an allied health professional such as, psychologist, social worker or nurse, along with current registration or membership of an association of peers</p>

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
<p>2.5 Research</p>	<p>2.5.1 Knowledge of how to identify and access a range of primary and secondary information sources.</p> <p>2.5.2 Basic knowledge of how to access and critically evaluate current reference material on the effects of yoga and other therapies</p> <p>2.5.3 Basic knowledge of how to include new findings in clinical treatment strategies</p>	<p>10 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content, or</p> <p>Qualification as an allied health professional such as psychologist or doctor, along with current registration or membership of an association of peers, or</p> <p>Qualification that included the study of research and/or the undertaking of a research project</p>

Section 3 – Teaching and Therapeutic Skills

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
3.1 The Therapeutic Relationship	<p>3.1.1 Knowledge of a variety of communication skills appropriate to the practice of Yoga Therapy, including:</p> <ul style="list-style-type: none"> • verbal and non verbal communication • listening • mutual positive regard • energetic connections/presence • directive and non directive dialogue • confidentiality and mutual trust • professional boundaries • negotiation and conflict resolution skills <p>3.1.2 Knowledge of basic counselling methods, including:</p> <ul style="list-style-type: none"> • knowledge of boundaries • limits to Scope of Practice • ability to assess the need for referral to professional counselling • respond appropriate to a range of client in a range of situations • develop and maintain an appropriate and effective physical, psychological and energetic therapeutic environment • apply yogic ethical and behavioural principles in client dealings • provide a safe treatment in accordance with the individual, condition and presence of complicating factors <p>3.1.3 In-depth knowledge of the Scope of Practice for Yoga Therapy and how to assess the need for referral to other professional services.</p>	<p>35 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content, or</p> <p>A accredited counselling qualification or qualification as an allied health professional such as psychologist or social worker along with current registration or membership of an association of peers</p>

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
	<p>3.1.4 Demonstrated ability to recognise, adjust and adapt to specific client/student needs in the evolving therapeutic/professional relationship</p> <p>3.1.5 Demonstrated ability to recognise and manage the subtle dynamics inherent in the therapist/client relationship</p> <p>3.1.6 Demonstrated ability to develop and maintain therapeutic relationships including:</p> <ul style="list-style-type: none"> • fostering trust by establishing an appropriate therapeutic environment through privacy, confidentiality and safety, and • practising effective client/student-centred communication based upon a respect for, and sensitivity to individual, familial, cultural, social, ethnic, and religious factors. 		

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
3.2 Therapeutic Group Skills	<p>3.2.1 Knowledge of group dynamics as they pertain to therapeutic relationships, including:</p> <ul style="list-style-type: none"> • communication skills • time management • the establishment of priorities and boundaries • techniques to address the specific needs of individual participants, to the degree possible in a group setting. <p>3.2.2 Demonstrated ability to manage therapeutic groups including:</p> <ul style="list-style-type: none"> • ability to design, implement and evaluate group programs • show sensitivity to issues in managing therapeutic groups • manage both individual and group needs in therapeutic groups • when to recommend individual Yoga Therapy outside of the therapeutic group 	<p>10 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content, or</p> <p>A accredited counselling qualification or qualification as an allied health professional such as psychologist or social worker , along with current registration or membership of an association of peers or</p> <p>Qualified specialised teaching qualifications.</p>
3.3 Educating Clients/Students	<p>3.3.1 Demonstrated ability to implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the client's/student's progress and cope with unique difficulties/successes.</p> <p>3.3.2 Demonstrated ability to transmit the value of self-awareness and self responsibility throughout the therapeutic process.</p> <p>3.3.3 Demonstrated ability to develop and adjust appropriate practice strategies to the client/student.</p>	<p>35 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content or</p> <p>Qualified specialised teaching qualifications</p>

Section 4 – Yoga Therapy Application

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
4.1 Client Assessment	<p>4.1.1 In-depth knowledge of the principles and methodologies of a client assessment including:</p> <ul style="list-style-type: none"> • knowledge of accurate/appropriate history taking and recording • knowledge of appropriate use of <i>darshana</i>, <i>prashna</i> and <i>sparshana</i> • understanding and appropriate application of the <i>Vyuha</i> model (<i>heyam</i>, <i>hetu</i>, <i>hanam</i> and <i>upayam</i>) • knowledge and appropriate use of structural and functional assessment • knowledge and appropriate use of subjective and objective 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 contraindications to specific treatments 	<p>30 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content and how it relates to specifically to Yoga Therapy</p>

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
4.2 Program Design and Review	<p>4.2.1 Demonstrated ability to design and review a Yoga Therapy program, including:</p> <ul style="list-style-type: none"> • knowledge of the application of the 8 limbs of yoga. • demonstrated ability to appropriately interpret assessment findings. • demonstrated ability to apply <i>vinyasa krama</i> (orderly and appropriate sequencing) in the development and teaching of Yoga Therapy practices. • demonstrated ability to apply an appropriate range of therapeutic interventions. • demonstrated ability to apply modifications to a range of practices. • in-depth knowledge of contraindications for various practices. 	30 hours minimum	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program or other documentation which stipulates the hours of training and a description of the course content and how it relates to specifically to Yoga Therapy</p>

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
4.3 Provide Yoga Therapy Advice and Treatment (practicum)	<p>4.3.1 Demonstrated ability to assess a client and provide Yoga Therapy advice and treatment, including:</p> <p>4.3.1.1 Conducting 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. <i>darshana, prashna, sparshana, heyam, hetu, hanam</i> and <i>upayam</i>) • 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. <p>4.3.1.2 Providing 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 clinical reasoning in the design of a Yoga Therapy program • 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>150 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program or other documentation which stipulates the hours of client case work and how it relates specifically to Yoga Therapy</p>

Section 5 – Professional Practice

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
5.1 Professional Ethics	<p>5.1.1 Demonstrated ability to apply <i>yama</i> and <i>niyama</i> to own yogic lifestyle and understand application of same in a therapeutic context.</p> <p>5.1.2 In-depth knowledge of the AAYT Scope of Practice and Code of Conduct.</p> <p>5.1.3 In-depth knowledge of ensuring no misuse of power in the therapeutic relationship.</p>	<p>10 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content and how it relates to specifically to Yoga Therapy including knowledge of the AAYT Scope of Practice</p>
5.2 Legal, Regulatory and Business Issues relating to the Administration of a Professional Practice	<p>5.2.1 Knowledge of the legislation and working requirements of:</p> <ul style="list-style-type: none"> • occupational health and safety • duty of care • confidentiality • privacy • freedom of information • equal opportunity • documents required for working with children, vulnerable communities and in government subsidised facilities. <p>5.2.2 Knowledge of the application of:</p> <ul style="list-style-type: none"> • therapist self-care • business legislative and industry requirements, including taxation, insurance and advertising code of conduct • effective practice management strategies including record keeping, fee structure, supportive working environment, industry relationships, promotion and advertising guidelines 	<p>5 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content, or</p> <p>Qualification as an allied health professional such as massage therapist, psychologist or nurse, along with current registration or membership of an association of peers, or</p> <p>Self employment in the healthcare or other service provision</p>

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
5.3 Professional Relationships	<p>5.3.1 Demonstrated ability of effective negotiation and conflict resolution skills</p> <p>5.3.2 Demonstrated ability to show positive regard for peers and apply yogic ethical and behavioural principles in dealings with others</p> <p>5.3.3 Demonstrated ability to understand and interpret referrals and reports and to provide effective referrals</p> <p>5.3.4 In-depth knowledge of the roles of other professionals a yoga therapist may work alongside or refer on to, and an understanding when to refer on to these other health professionals (public and private health systems)</p> <p>5.3.5 Demonstrated ability to establish and maintain a referral network</p> <p>5.3.6 Demonstrated ability to apply knowledge of other healthcare modalities and community resources to assist clients.</p>	<p>5 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content, or</p> <p>Qualification as an allied health professional such as massage therapist, psychologist or nurse, along with current registration or membership of an association of peers, or</p> <p>Self employment in the healthcare or other service provision</p>

Area of Knowledge	Skills and Competencies	Required learning from Yoga Therapy training (that is post graduate from yoga teacher training)	Accepted Supporting Evidence
5.4 Continuing Professional Development	<p>5.4.1 Knowledge of the importance of a personal yoga practice and <i>sadhana</i>, including self-reflection (<i>svadhyaya</i>)</p> <p>5.5.2 Knowledge of the need to maintain currency of skills and knowledge through appropriate professional development programs</p> <p>5.5.3 Knowledge of situations which may necessitate professional support, consultation with other professionals and/or formal supervision.</p>	<p>5 hours minimum</p>	<p>Certificate of completion from an AAYT accredited training program, or</p> <p>A certificate of completion from a non AAYT accredited training program which stipulates the hours of training and a description of the course content, or</p> <p>Qualification as an allied health professional such as body worker, psychologist or nurse, along with current registration or membership of an association of peers</p>

Appendix A

AAYT Education Standards Practicum Hours

Suggested Pathways to Meeting Practicum Requirements

Instructional hours to prepare trainees for providing one-to-one yoga therapy sessions will be taught to trainees using both didactic and experiential teaching methods. Following or concurrent with this, 150 hours of supervised Practicum will be undertaken by the trainee to develop their skills in the application of yoga therapy while receiving mentoring and feedback (Table one).

Practicum hours will be supervised by an approved mentor. At least 50% of yoga therapy sessions will be one-to-one. At least 25% of these one-to-one sessions must be observed by the mentor in person or by video. Feedback may be given in person, via video conferencing, Skype, or email. It is expected that the feedback will provide the trainee with further tasks to improve their skills. The research, report writing and feedback sessions from the observed Practicum will account for an additional 25%. The remaining 25% of Practicum hours may be undertaken in a variety of settings. For example; observation of yoga therapists and Allied Health Professionals in the workplace focussing on specific illnesses, supervised student clinics, creation of a yoga therapy session alongside a mentor or other trainees (Table two).

Ideally, by the end of the Practicum, trainees are able to provide at least two or three yoga therapy sessions to a client. Training providers should set their own required hours of initial consultations and follow up appointments, such that the *Membership and Educational Standards* competencies are clearly met.

The Training Provider is responsible for their trainees:

- keeping appropriate records of all hours of yoga therapy in the Practicum;
- obtaining signed consent from all individuals receiving yoga therapy;
- maintaining the highest ethical and professional standards according to mandatory requirements.

Table one: The Practicum Educational Continuum

1. **Preparatory Learning Sessions for Practicum** (may be concurrent with Practicum).
(4.1 and 4.2 Membership and Educational Standards)
 - a. Principles behind yoga therapy taught.
 - b. Observing Yoga Therapy Sessions – Case Studies by faculty member and discussion of principles of yoga therapy.
 - c. Supervised Learning Practice - Experiential practice in classroom such as role play, group work, discussion and other learning tasks.

2. **Practicum - 150 hours minimum** (4.3 Membership and Educational Standards)
 - a. Application of Yoga Therapy
 - i. Assisting Yoga Therapy Session - working with mentor, other students to create yoga therapy sessions.
 - ii. Internship – working with Yoga Therapists or Allied Health Professional to observe therapy of specific conditions.
 - iii. Observed yoga therapy session –Leading observed one-to-one yoga therapy session.
 - iv. Unobserved yoga therapy session – Leading unobserved one-to-one yoga therapy session.
 - v. Accompanying written work – research of conditions, reports on each yoga therapy client and session according to specific criteria set by Training Provider.

 - b. Mentored hours
 - i. Feedback given by mentor on all Practicum tasks and associated reports.
 - ii. Further tasks on given feedback undertaken by trainee.
 - iii. All written records from trainee provided to mentor.

Table two: Practicum Hours (150 hours minimum)

At least 50% of the Practicum must consist of leading:

- Observed (25%) and unobserved (25%) one-on-one yoga therapy session (with clients from the community or in a clinic)

A further 25% of Practicum hours will consist of:

- Mentoring sessions
- Documentation of a case for the mentor
- Research and protocol development
- Further tasks to improve trainee's methodology

A maximum of 25% of Practicum hours may include the following:

- Internship, including with an Allied Health Professional, unless one-on-one yoga therapy sessions are conducted as part of the internship
- Community service learning (developing and delivering a program for a particular health condition)
- Co-facilitating or assisting a faculty member or fellow student/s developing a complete yoga therapy session

Appendix B

AAYT online/distance education: Yoga Therapy training requirements

To ensure that online/distance education courses provide an equivalent standard to face-to-face teaching, Training Providers are required to complete a criteria checklist below and submit with this application. To become accredited each criteria must receive a level 3. Please note feedback will be given if it is lower than level 3 and Training Providers will have a chance to make the necessary changes.

Teaching and Learning Standards

This document is based on the *iNACOL National Standards of Quality for Online Courses* (Pape, Wicks et al, 2009) and provides checklist to ensure that courses accredited with AAYT conform to Australian standards for quality in online/distance education.

Checklist to ensure quality of online/distance courses

This checklist provides a means of rating the quality of an online/distance course. It can be used as a checklist for the institution and also for AAYT to provide feedback to the Training Provider.

Rating Scale

- 5 Exemplary: a model of best practice as related to this criterion
- 4 Accomplished: excellent implementation; comparable to other examples
- 3 Promising: good implementation; however, somewhat lacking in depth or detail
- 2 Incomplete: partial implementation of this criterion; additional work needed; good start
- 1 Confusing: not obvious; more work needed; not a good example.

1.0	Teaching and Learning Standard Course Structure	Rating
1.1	Has clearly stated and attainable educational goals.	
1.2	Is clear and coherent in its instructions and course organization.	
1.3	Utilizes quality instructional materials and appropriate technology that enable and enrich student learning.	
1.4	Demonstrates rigorous course content.	
1.5	Provides for high-degree of interaction between teacher and learners and if appropriate among learners themselves if group interaction is possible.	
1.6	Embeds critical thinking, problem solving, analysis, integration, and synthesis abilities in learning activities.	
1.7	Meets requirements of appropriate state or national standards, including applicable end of course assessments.	
1.8	Ensures variations in materials to ensure equitable access for individuals with disabilities and rural and international students.	
1.9	Meets requirements of copyright and fair use.	
1.10	Is designed to accommodate different learning styles.	
1.11	Is designed with consideration for time and place limitations of students.	
2.0	Course Content	
2.1	Is grounded in yogic philosophy and is coherent with the training program's mission, beliefs, and expectations for student learning.	
2.2	Is supported by research and best practice (course material requires references).	
2.3	Is continually refined based on assessment of students needs and up to date research based best practice.	
2.4	Is adaptable to best serve different student learning styles.	
2.5	Is sensitive to the cultural differences of students.	
2.6	Includes frequent teacher to student interaction, and if appropriate fosters frequent student-to-student interaction.	
2.7	Is sensitive to time and place limitations of students.	
2.8	Faculty hold the recognised qualifications in yoga and adult education. AAYT membership is required for principal faculty members. Guest presenters must be suitably qualified in their field of expertise and hold recognised professional memberships. Eg AASW, AHPRA, AMA, ANTA.	
2.9	Faculty are trained in and demonstrate competency in online instructional methodologies and learning technologies.	
3.0	Assessment	
3.1	Includes a process to monitor that the work and assessments are completed by the students accredited for the course.	
3.2	Enables teachers to adapt their instruction to meet learner needs.	
3.3	Uses multiple methods to assess student performance.	
3.4	Assesses a variety of types of student performance.	
3.5	Uses assessments based on instructional practice.	
3.6	Informed by ongoing course design and revisions.	
3.7	Measures student attainment of the course's educational goals.	
3.8	Provides for timely and frequent feedback about student progress.	
4.0	Online Learning Specific	
4.1	Provides an orientation to online learning technologies and successful online student practices.	
4.2	Provides appropriate access to learning and assessment content, instruction, technologies and resources.	
4.3	Establishes standards for teacher to student communication.	
4.4	Provides timely and meaningful assessment feedback.	