



## COMPARISON OF AAYT AND IAYT STANDARDS

### Comparison Chart Pre Requisites

Old AAYT Pre Requisites	IAYT Pre Requisites	Revised AAYT Pre Requisites
Yoga teacher training Level 2 or 3 membership of YA (note these membership levels no longer exist), or Yoga Alliance 500 hour certification	Yoga teacher training - 200 hour teacher training	Yoga teacher training - 350 hours teacher training or Yoga Australia Registered Teacher (up to 150 hours may be concurrent with teacher training)
Teaching experience - at least 3 years	Teaching experience (may be accomplished concurrently with teacher training) - 12 months	Teaching experience - minimum of 2 years or 300 hours teaching experience (up to one year may be concurrent with teacher training)
Personal Practice - an established, regular personal sadhana	Personal Practice (may be accomplished concurrently with teacher training) - 12 months	Personal Practice - minimum 2 years
First Aid - current certificate		First Aid - current First Aid and CPR

## Comparison Chart Membership and Training Standards

Old AAYT Membership and Training Standards	IAYT Educational Training Standards	Revised AAYT Membership and Training Standards
<p>Section 1 Underpinning Knowledge and Theory note some hours are concurrent with others</p> <p>1.1 yoga principles and philosophies in the provision of yoga therapy (min 10 hours)</p> <p>1.2 yogic physiology in the provision of yoga therapy (min 10 hours)</p> <p>1.3 anatomy and physiology in the provision of yoga</p> <p>1.4 therapy (min 30 hours)</p> <p>1.5 yoga practices (min 34 hours)</p> <p>1.6 client assessment principles and methodologies (min 39 hours)</p> <p>1.7 yoga therapy program design and review (min 20 hours)</p> <p>1.8 basic counselling principles and skills (5 hours) principles of a therapeutic relationship (min 12 hours)</p> <p>1.9 therapeutic group skills (min 5 hours)</p>	<p>Section 1 Yoga Foundations - 120 hours in total</p> <p>1.1 yoga teachings and philosophy (min 35 hours)</p> <p>1.2 yoga and the mind (min 35 hours)</p> <p>1.3 framework for health and disease (min 50 hours)</p>	<p>Section 1 Yoga Foundations - 185 hours in total</p> <p>1.1 yoga principles and philosophies in the provision of yoga therapy (min 35 hours)</p> <p>1.2 yoga and the mind (min 35 hours)</p> <p>1.3 yogic framework for health and disease (min 50 hours)</p> <p>1.4 yoga practices (min 60 hours)</p> <p>1.5 Ayurvedic Principles (5 hours)</p>

Old AAYT Membership and Training Standards	IAYT Educational Training Standards	Revised AAYT Membership and Training Standards
<p>Section 2 Application and Practice of Yoga Therapy 3 note some hours are concurrent with others</p> <p>2.1 develop and maintain effective therapeutic relationships (min 17 hours)</p> <p>2.2 conduct a yoga therapy health assessment (min 30 hours)</p> <p>2.3 provide yoga therapy advice and treatment (min 60 hours)</p>	<p>Section 2 Biomedical and Psychological Foundations - 155 hours in total</p> <p>2.1 anatomy and physiology (min 90 hours)</p> <p>2.2 additional biomedical knowledge (min 15 hours)</p> <p>2.3 psychology and mental health (min 30 hours)</p> <p>2.4 additional knowledge (min 10 hours)</p> <p>2.5 body and mind integration (min 10 hours)</p>	<p>Section 2 Western Foundations - 150 hours in total</p> <p>2.1 anatomy and physiology (min 50 hours)</p> <p>2.2 patho-physiology (25 hours)</p> <p>2.3 psycho-physiology (min 50 hours)</p> <p>2.4 biomedical and social knowledge (min 15 hours)</p> <p>2.5 research (min 10 hours)</p>
<p>Section 3 Professional Practice - note some hours are concurrent with others</p> <p>3.1 the application of yoga principles and philosophies in professional practice (min 10 hours)</p> <p>3.2 the application of first aid (certificate required)</p> <p>3.3 legal and ethical practice in accord with current legislation (min 8 hours)</p> <p>3.4 the administration of a professional practice (min 4 hours)</p> <p>3.5 development and maintenance of effective professional relationships with peers and allied health service providers (min 20 hours)</p>	<p>Section 3 Teaching and Therapeutic Skills - 80 hours in total</p> <p>3.1 basic principles of the therapeutic relationship (min 35 hours)</p> <p>3.2 principles and skills for educating client/students (min 35 hours)</p> <p>3.3 principles and skills for working with groups (min 10 hours)</p>	<p>Section 3 Teaching and Therapeutic Skills - 80 hours in total</p> <p>3.1 the therapeutic relationship (min 35 hours)</p> <p>3.2 therapeutic group skills (min 10 hours)</p> <p>3.3 educating clients/students (min 35 hours)</p>

Old AAYT Membership and Training Standards	IAYT Educational Training Standards	Revised AAYT Membership and Training Standards
<p>3.6 knowledge of the broader healthcare sector (min 12 hours)</p> <p>3.7 facilitation of referrals to other health-care professionals (min 8 hours)</p> <p>3.8 awareness and application of current research and information to yoga therapy practice (min 4 hours)</p> <p>3.9 commitment to ongoing personal and professional development (min 13 hours)</p>		
	<p>Section 4 Yoga Therapy Tools and their Application - 265 hours in total</p> <p>4.1 yoga practices (min 60 hours)</p> <p>4.2 provide yoga therapy (min 55 hours)</p> <p>4.3 practicum (min 150 hours)</p>	<p>Section 4 Yoga Therapy Application - 210 hours in total</p> <p>4.1 client assessment (min 30 hours)</p> <p>4.2 program design and review (min 30 hours)</p> <p>4.3 provide Yoga Therapy - practicum (min 150 hours)</p>

Old AAYT Membership and Training Standards	IAYT Educational Training Standards	Revised AAYT Membership and Training Standards
	<p>Section 5 Professional Practice - 30 hours in total</p> <p>5.1 ethical principles (min 15 hours)</p> <p>5.2 legal, regulatory and business issues pertaining to yoga therapy (min 5 hours)</p> <p>5.3 relationships with peers, mentors, clinicians and organisations (min 5 hours)</p> <p>5.4 personal and professional development and continuing education (min 5 hours)</p>	<p>Section 5 Professional Practice - 25 hours in total</p> <p>5.1 professional ethics (min 10 hours)</p> <p>5.2 legal, regulatory and business issues relating to the administration of a professional practice (min 5 hours)</p> <p>5.3 professional relationships (min 5 hours)</p> <p>5.4 continuing professional development (5 hours)</p>
	<p>Section 6 Additional hours (min 150 hours)</p> <p>These hours may be placed in any of the Sections or may be completed through other additional training relevant to yoga therapy.</p>	
<p>Minimum hours of pre-requisite training 5 500 Minimum hours of yoga therapy training 5 350 Total numbers of hours - 850</p>	<p>Minimum hours of pre-requisite training 5 200 Minimum hours of yoga therapy training 5 800 Total numbers of hours - 1000</p>	<p>Minimum hours of pre-requisite training 5 350 Minimum hours of yoga therapy training 5 650 Total numbers of hours - 1000</p>