



AUSTRALASIAN ASSOCIATION OF
YOGA THERAPISTS
Leadership • Education • Integrative Medicine

AAYT AUGUST NEWSLETTER

Dear Members

In this edition we bring you a report on our Consultation Paper feedback from Members and Training Providers along with a diverse assortment of resource information, and outstanding education and training opportunities.

Consultation Paper

The Committee would really like to express its thanks to all those who took the time to respond to the Consultation Paper which was sent to Members, Training Providers and Advisors early last month. We look to maintain a conversation with the yoga therapy community so that decisions are reflective of the membership and its stakeholders. Some preliminary details on the feedback we have received to date are included in this newsletter. If you have not yet responded, I encourage you to have a look at the article and consider sending us further feedback. Whilst it is a complex task integrating the diversity of views, the more we get the more we are able to reflect and represent the authenticity of our members' position.

The RCD Foundation

We've recently received a reminder of some of the excellent work The Robert Connor Dawes Foundation is doing in providing yoga therapy sessions for young people with brain cancer. The RCD Foundation was created in June 2013 in memory of Robert Connor Dawes who had weekly sessions of yoga therapy during his treatment for a brain tumour. The charity is committed to helping others by offering fully-funded private yoga therapy sessions for children and young adults, aged 25 years and under. You'll find details about registering as a participating Yoga Therapist further down in the newsletter.

AAYT proudly supports its Members bringing international yoga educators to Australia

Baxter from Palate Earth/Yoga in the Park is heading a team sponsoring Leslie Kaminoff's visit to Australia next year with events in Brisbane, Sydney and Melbourne. Leslie Kaminoff was a student of TKV Desikachar and brings the wisdom of these richest of teachings together with his own brand of thought provoking discourse that challenges the world of Yoga and Yoga Therapy. Details of the March 2018 tour dates are attached.

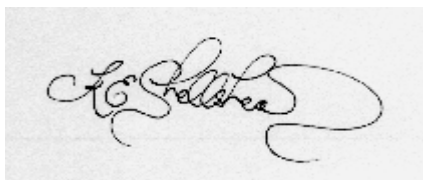
Madeleine Marty from Yoga Therapy Australia continues to provide unique opportunities to study with world renowned Yoga Therapy Master teachers, Dr Natesan Chandrasekaran (Dr NC) and Saraswathi Vasudevan. Both Dr NC and Saraswathi have been making regular YTA teaching tours to Australia for almost 10 years and have built up an enthusiastic following of Yoga Therapists and Yoga Teachers keen to enrich their learning within the authentic teachings in the tradition of T.Krishnamacharya and his son, TKV Desikachar.

Dr NC and Sarasawathi will both be returning to Australia later in the year – more details in the events and workshops section.

SYTAR Resources

If you are also a member of the IAYT and were unable to attend their recent conference - SYTAR resources are now available. Login to your profile on the IAYT website and follow the links to 2017 SYTAR Handouts and Recordings.

Warm Regards



Karine Shellshear
President AAYT
president@yogatherapy.org.au

Consolidating AAYT Standards

Thank you to those who have already given us their comments on the Consultation Paper on AAYT Membership and Educational Standards 2015 (the Standards). You have provided strong support for the proposed resolutions and confirmation of the Standards. Not surprisingly, training providers have been enthusiastic respondents (9 of 12). Four members of the AAYT Board of Advisors and seven Association members have responded to date and offered thoughtful comments, particularly in relation to pre-requisites and training periods.

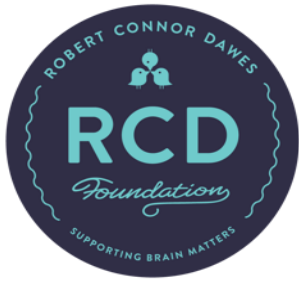
The current pre-requisites for yoga therapy training appear to be the main issue for debate. One provider says 'standards should go up not down' while another seeks a reduction that would effectively combine yoga teaching and yoga therapy training. Differences between IAYT and AAYT pre-requisite requirements have also been raised. Among members, the need for a strong grounding in yoga teaching prior to yoga therapy training is emphasised with at least one suggestion to extend the required teaching experience period.

Some examples of the more specific comments we have received:

- "Don't change the standards"
- "Review standards every 5 years"
- "Ensure the Standards remain holistic, not just physical therapy focused"
- Beware of applying Recognised Prior Learning (RPL) because "...people who do not have a depth in yoga teaching do not understand the importance of all the yoga tools."
- ".. (the resolutions) seem fair and balanced"
- "Training providers need to support AAYT too"
- "Thanks for asking my opinion"

General responses have also been helpful including reference to the word 'teaching' when 'training' would have been more appropriate. This will be amended when we publish the Outcomes Paper prior to the 2017 AGM

You can find a copy of the Consultation Paper when you login to the Member Home page on the AAYT website.



Register your interest as a participating Yoga Therapist

The Robert Connor Dawes Foundation grants cover:

- 10 fully funded private yoga therapy sessions in the young person's home
- Registered Yoga Therapist matched specifically to the needs and location of the young person
- Straightforward and confidential referral process

For more information visit:

<http://rcdfoundation.org/wp-content/uploads/2014/09/RCD-Yogatherapy-web.pdf>

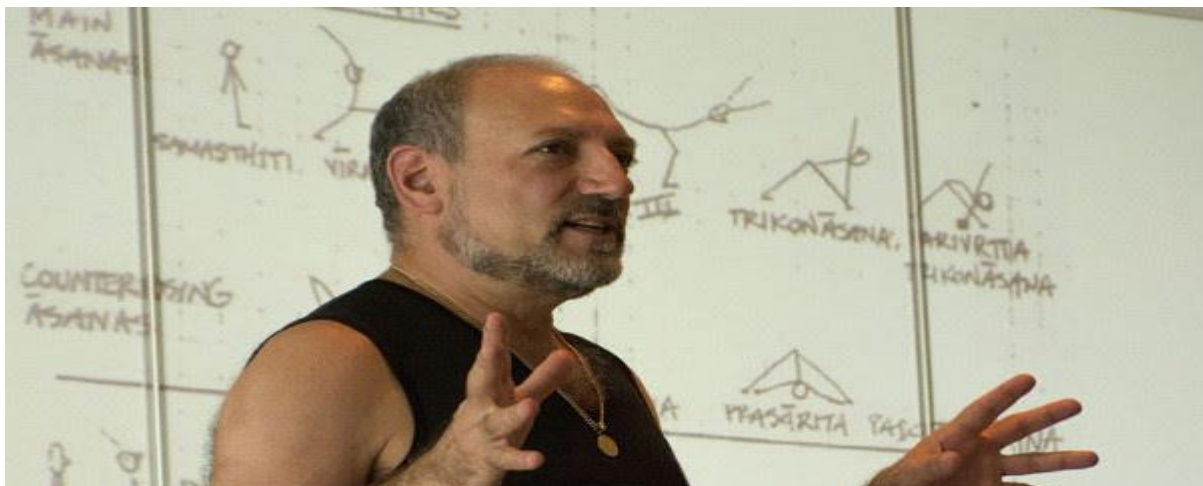
Contact: Una Miller

Email: una@rcdfoundation.org

LESLIE KAMINOFF – AUSTRALIAN TOUR, MARCH 2018

The well-known co- author of “Yoga Anatomy” and founder of The Breathing Project in New York will be conducting workshops in Melbourne, Sorrento (Vic), Sydney and Brisbane.

Leslie Kaminoff is an internationally recognised educator the fields of yoga and breath anatomy.



For more information and bookings:

Melbourne - March 10th & 11th <http://australianyogaacademy.com/special-events/workshops/>

Sorrento (Vic) - March 14th - <https://lkaustralia.eventsmart.com/events/yip-sorrento/>

March 15th - <https://lkaustralia.eventsmart.com/events/sorrento/>

Sydney - March 17th & 18th - <http://yogainstitute.com.au/leslie-kaminoff-workshop-sydney/>

Brisbane - March 24th & 25th - <https://lkaustralia.eventsmart.com/events/brisbane/>

AYURVEDA FOR YOGA TEACHERS, THERAPISTS & PRACTITIONERS

South India, 20 - 30 September 2017 10 Day Retreat, Maitreyi Vedic Village

Immerse, experience and learn about Ayurveda in an off-the-grid Vedic Village in South India with **Saraswathi Vasdevan, Dr Abilash Anand and Madeleine Marty.**

A truly unique course combining the fundamentals of Ayurveda, and practical insights from Vedic times with Yoga. Explore the complementarity of Yoga and Ayurveda and how to integrate the teachings for the most beneficial outcome for you and your students.

Study Buddy Special - \$500 discount for second person registering with a friend.



For more information:

<http://yogatherapyaustralia.com/ayurveda-for-yoga-india-2017-2018/>


A poster for the 2017 Yoga Therapy Summit. It features a mala necklace in the foreground and a Buddha statue in the background. The text on the poster includes the event title, dates, location, and a list of teachers inspired by T Krishna Macharya and TKV Desikachar.

2017
Yoga Therapy
SUMMIT

teachers inspired by
T KRISHNA MACHARYA
& TKV DESIKACHAR

Clare Collins
Kate Holcombe
Leslie Kaminoff
Gary Kraftsow
Richard Miller
Sonia Nelson
Larry Payne
Amy Wheeler

Sep. 29 - Oct. 1
CHICAGO

 www.YogaTherapySummit.com

<http://www.yogatherapysummit.com/>

**YOGA FOR THE SPECIAL CHILD
23RD-29TH September, Canberra**



For more information: <http://www.specialyoga.com/australia>.

MENAKAR DESIKACHAR – Vedic Chanting

Sri Sakti: Honouring the Divine Feminine

30th September - 2nd October, Wellington, NZ



THE HEALING POWER OF SOUND

7th – 8th October Dunedin, NZ
14th- 15th October, Auckland, NZ

For more information

<http://www.khyf.net/programs-and-events/>



Dr Ananda – Modern medicine meets traditional Yoga

Woodhouse Activity Centre, Adelaide

12th - 15th October 2017

Dr Ananda Balayogi Bhavanani is Deputy Director of the Center for Yoga Therapy, Education and Research (CYTER) at MGMCRI, Sri Balaji Vidyapeeth University, Pondicherry. Dr Ananda is also a member of AAYT Board of Advisors.

For more information: <http://www.iyta.com.au/2017-conference/pre-post-workshops>

International Yoga Teachers Association Conference

20-22 October 2017, Sydney



Keynote speaker: Dr Ananda - The Energy Matrix of Yoga; balancing the art and science of Yoga by bridging the ancient and the modern.

For full list of presenters and conference programme visit:

<http://www.iyta.com.au/2017-conference>

FOUNDATIONS OF YOGA THERAPY with SARASWATHI VASUDEVAN

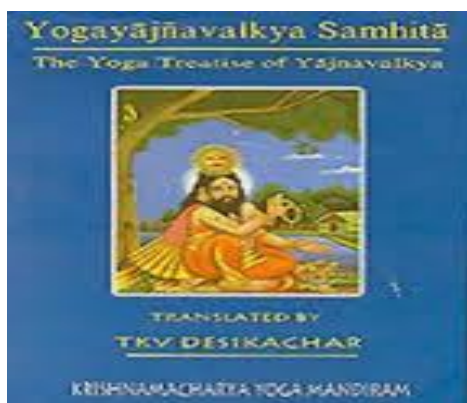
October 27th – 5th November 2017

9 day Residential Training Retreat - Eungella via Murwillumbah, NSW



Saraswathi Vasudevan (Yoga Vahini, Chennai) is a highly regarded international teacher and mentor having trained for many years with Sri TKV Desikachar at the Krishnamacharya Yoga Mandiram

For more information visit: <http://yogatherapyaustralia.com/foundations-of-viniyoga-residential-2017/>



YOGA YAJNAVALKYA

Seminar with Dr Natesan Chandrasekaran (Dr NC)

25th – 26th November 2017

The Centre, Randwick, Sydney

The Yoga Yajnavalkya is an ancient text in the form of a dialogue between the Sage Vajnavalkya and his wife Gargi in which he teaches her the deeper aspects of Yoga. Dr NC will explore this classical text giving inspiration and insights for its practical application.

For more information: <http://yogatherapyaustralia.com/yogayajnavalkaseminar2017/>

Discount websites for AAYT members



Brett Stephenson has been the AAYT's "go to guy" for internet services for the past few years.

For a limited time Brett is offering 10% discount to all AAYT members on all WordPress website development and ongoing hosting & maintenance fees for the term of your site. You can easily make updates yourself or just email them to Brett & his team and they will do them for you.

If you're looking to have an effective presence on the web contact Brett to discuss the many affordable options for your design preferences.

visit <http://www.yogateachers.com.au>

Phone:02 6687 5140.