

## TEACHER TRAINING PATHWAY TO MEET AUSTRALIAN YOGA TEACHING STANDARDS

If for example you have completed a [200 hour yoga teaching course](#), you can do an additional 150 hours of study at the Yoga Institute to bring your training level up to Australian teaching standards.

According to the peak body, Yoga Australia (formerly [Yoga Teachers Association of Australia](#)) 350 hours of professional training by a recognised provider is required for a yoga teachers to be eligible for full membership. The Yoga Institute specialise in yoga studies and teacher training. We provide a training pathway for yoga teachers seeking to bring their qualification up to Australian industry standards. You can use this table below to map your current training and identify gaps.

Yoga Australia (YTAA) Subject Area and Hours	Your Current Training (subjects & hours)	Yoga Institute Training modules	Training Gaps (subjects & hours)
<b>Yoga Techniques</b> <b>160 hours</b> <i>Theory and practice of yoga techniques in traditional areas of yoga study. Yoga techniques such as: Asana, Pranayama, Meditation, Bandha, Mudras, Kriyas, Shatkarma, etc, relaxation, chanting, and other traditional yoga techniques. Substantial emphasis must be given to both the theory and guided practice of, in a dedicated teacher training environment.</i>		Asana I (50hrs) Asana II (50hrs) Pranayama (30hrs) Bandhas (6hrs) Meditation (24hrs)	
<b>Anatomy &amp; Physiology</b> <b>30 hours</b> <i>Study of the anatomy &amp; functional physiology of bodily systems.</i>		Yoga Anatomy (30hrs)	
<b>Teaching Skills &amp; Methodologies</b> <b>40 hours</b> <i>Study and practice of teaching methodologies such as: Principles of demonstration, observation, communication, assistance, correction, adjustments, instruction, teaching styles, learning styles, etc.</i>		Teaching Narrative (6hrs) Teaching Groups (10hrs) Teaching Personal Practice (10hrs) Practice Planning (15hrs)	
<b>Yoga Physiology</b> <b>20 hours</b> <i>Study of subtle yogic physiology and energy fields, such as: Nadis, Koshas, Chakras, Gunas, etc. (study of Ayurveda not counted)</i>		Yoga Energetics (20hrs)	

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<p><b>Philosophy, Ethics &amp; Lifestyle</b>      <b>50 hours</b></p> <p><i>Study of the yogic philosophies and yoga educational texts, ethics for yoga teachers, yoga lifestyle. There are a number of yogic texts but at least the following must be included:</i></p> <ul style="list-style-type: none"> <li>- Yoga Sutras of Patanjali</li> <li>- Hatha Yoga Pradipika</li> <li>- Bhagavad Gita</li> <li>- YTAA Code of Ethics</li> </ul>		<p>History of Yoga (10 hrs) Principles of Yoga practice (10 hrs) Yoga Philosophy (30 hrs) Professional Yoga Teacher (3)</p>	
<p><b>Integrative Practice and Teaching (Practicum)</b>      <b>40 hours</b></p> <p><i>Such as: supervised teaching practice, observation of teaching, assistance in classes taught by qualified teacher, receiving and giving feedback. For full members, this includes professional on-going mentoring and supervision under a more senior teacher.</i></p>		<p>Mentoring (minimum of 6 hrs) Practicum (40hrs)</p> <ul style="list-style-type: none"> <li>- Observing</li> <li>- Assisting/ Supervised Teaching</li> <li>- Independent teaching</li> </ul>	
<p><b>Other Training or Specialities</b></p> <p><i>May be distributed among the categories above or in an area of specialisation such as: Therapeutic use of asana, pranayama, relaxation, meditation, cleansing practices, yoga for special needs groups such as children, pre/post natal, etc.</i></p>		<p>Elective Workshops (24 hrs)</p> <ul style="list-style-type: none"> <li>- Pregnancy yoga</li> <li>- Post Natal yoga</li> <li>- Yoga for Children</li> <li>- Yoga and Positive Psychology</li> <li>- Yoga and Stress Management</li> <li>- Chanting &amp; Meditation</li> </ul>	

\* Note: The YI training modules listed are indicative and are subject to change.

## Next Steps

Once you have identified areas for additional training head to the our [website](http://www.yogainstitute.com.au) to see current courses. If a course you are interested in is not listed email [info@yogainstitute.com.au](mailto:info@yogainstitute.com.au) for scheduling details.