



## THE REGISTER OF EXERCISE PROFESSIONALS

### APPLICATION FOR REGISTRATION AS A YOGA TEACHER

Your training must be to at least the 200 hour level with 160 hours of direct contact with your mentors/trainers. To process applications to become registered in the Yoga category, REPs uses an independent panel of experienced Yoga professionals.

#### YOUR CONTACT DETAILS

<b>Name</b>	
<b>Address</b>	
<b>Post Code</b>	
<b>Phone (daytime)</b>	
<b>Mobile</b>	
<b>Email</b>	
<b>Office use:</b>	

#### REPs CRITERIA FOR YOGA RECOGNITION

The following delineates the criteria that need to be met by Yoga teachers if they are to be admitted to REPs.

Firstly, fundamental principles are outlined which describe the orientation of a Yoga teacher to the practice of teaching followed by the practical requirements that derive from them.

The criteria do not dictate the specific content of training programmes the teacher may have undertaken, nor of Yoga sessions he/she might teach. The philosophical underpinnings of approaches to Yoga that a teacher might embrace and transmit are not dictated either. Thus, a very wide diversity of approach is allowed for in keeping with the breadth and range of both the historical traditions and the current Yoga culture. At the same time, the legitimate concern that employers have to employ competent people, and which they look to REPs for guidance on, is met.

## WHAT YOU NEED TO SUPPLY

(Please mark the right hand box to show you have included item)

Item		✓
1	A document you have prepared based on sections 1 – 4 below <i>(Knowledge, Practical Skills, Safety and Care and Practice)</i>	
2	A short account of your yoga philosophy or outlook	
3	A short account of your yoga practice including its duration and frequency	
4	Two references complete with name and address of referees. <i>At least one should act as a sponsor and be able to give an informed opinion of your teaching, particularly with regard to its safety</i>	
5	Your CV with particular reference to your yoga experience	
6	A copy of any relevant certificates or letters of recommendation	
7	Your signature on the agreement below	
8	Evidence of current third party liability insurance or application for REPs insurance	

## [ITEM 1] YOUR DOCUMENT

Please prepare a document based on Sections 1–4 below in order to demonstrate that you meet those criteria. You may cite documentary evidence [i.e. course material] if you have it. Organise your presentation under the four headings: **Knowledge, Practical Skills, Safety and Care** and **Practice**. Make sure you have addressed all of the numbered points in each section and indicate that you have done so in your submission with numbered sub-sections. A typical submission might be 1500–2000 words long, though there is no strict rule about this. This part is the core of your application to register as a yoga teacher. Guidance notes are provided at the end of each section to help you prepare your document.

### The Fundamental Principles

The practice of Yoga teaching needs to flow out of the practices of and commitment to satya, ahimsa and svadhyaya.

- **Satya** (truthfulness). This is a commitment to truthfulness on the part of teachers. This means that teachers teach what they honestly know. In Yoga, of whatever type, this means that teachers teach what they have practised and internalised.
- **Svadhyaya** (self-study). In Yoga of whatever type, *svadhyaya* takes place primarily as a personal, reflective practice. *Svadhyaya* is sometimes also taken to mean the study of texts and other sources of 'information'. We recognise that such 'contextual studies' are likely to form a useful or even necessary part of any Yoga training, though they are not to be regarded as a substitute for practice.
- **Ahimsa** (non-harming). This is the principle that has a bearing on safety. Applicants should demonstrate commitment to and practical understanding of this principle as it applies to their particular approach. Teaching must not invite physical or psychological harm, whilst truthfully recognising the adventurous nature of the Yoga project.

### The Practical Requirements

A Yoga Teacher is eligible for admission to REPs as a Yoga Teacher if he/she meets the practical requirements that derive from the fundamental principles. In summary, these practical requirements require a Yoga teacher to have had training of a generally recognised minimum period, [though not necessarily through a dedicated training school], be knowledgeable in the approach he or she teaches, be safe and responsibly alert to the duty of care he or she has towards students, and be skilled in the arts of transmitting his or her approach to Yoga and thoroughly grounded in personal practice.

### Duration of training

The Yoga Teacher should have completed at least 200 hours of training including 160 hours in direct contact with the trainer(s). The Yoga Teacher needs to have been properly assessed for the safety and effectiveness of his/her teaching by someone competent to do so. The nature of that assessment will depend on the particular approach to Yoga that the

teacher takes. Given the vast variety of approaches to Yoga, it is not possible to prescribe it in detail. However, it must be honest and rigorous.

Your written document should address the following four sections - **Knowledge, Practical Skills, Safety and Care** and **Practice**. You should address each sub-section separately, i.e. 1a) should be a separate paragraph to 1b).

### [SECTION 1] KNOWLEDGE

The Yoga Teacher must work from a foundation of sound knowledge and must be well versed in those Yoga traditions which are relevant to the style of Yoga he/she teaches. Relevant, *pragmatic* knowledge is required of

- a) Anatomy (may be subtle and/or empirical and/or experiential: see 'Guidance Notes' for explanation)
- b) Physiology (may be subtle and/or empirical and/or experiential)
- c) Psychology (may be subtle and/or empirical and/or experiential)
- d) Yoga Philosophy (appropriate to the particular approach taken)

Theoretical knowledge must be grounded in the teacher's practice and experience in order to fulfil the principle of *satya*. Furthermore, the Yoga Teacher needs to be grounded in self knowledge gained through self-study (*svadhyaya*) and to be continually reflective in both personal practice and teaching.

#### GUIDANCE NOTES:

- *Note that REPs recognises that different Yoga styles will emphasise and interpret these areas of knowledge according to the requirement of their particular approach.*
- *Accordingly, REPs accepts that not all teachers will use an empirical (Western, scientific) anatomy and physiology, and in keeping with the traditions of Yoga, may opt for an experience-based (experiential) approach that enables students to become aware of and responsive to the intelligence of the body and its sensations during the practices engaged in.*
- *Equally, non-empirical 'anatomical' (subtle) models, e.g. those positing a subtle body, energy centres and channels, and so on, may be utilised.*
- *Section 1 a), b), c) & d) - Please indicate the knowledge-base utilised by your style. How is this related to your practice and your continuing acquisition of self-knowledge? You should indicate what Yoga texts and other texts relating to the human condition you've studied and to what depth and how this study informs your teaching. You should include here detail of your anatomical, physiological, philosophical and psychological studies. Please add any further comments that you feel may clarify your training with respect to the knowledge you have gained.*
- *Section 1 a) and b) - Please indicate how your knowledge of anatomy and physiology ensures that your teaching is safe.*

## [SECTION 2] SAFETY AND CARE

- a) The Yoga Teacher must teach safely in alignment with the principle of ahimsa. The practice and teaching of *asanas, mudras, bandhas, pranayamas, kriyas* and meditations must be based upon an approach that doesn't invite physical and or psychological injury.
- b) The Yoga Teacher needs to understand the safety issues surrounding his/her particular approach and make reference to an on-going assessment of the safety his/her own teaching. The teacher also needs to ensure the safe use of the environment.
- c) The Yoga Teacher needs to be able to determine and recognise when the practices he/she teaches are contra-indicated for participants suffering from the common medical conditions he/she is likely to encounter or without the necessary level of fitness to be able to carry out the practice. This means in practice that the teacher is able to question new participants about their health discretely and sensitively, able to recognise when to refer the participant to her GP for permission to participate, and able to maintain a clear sense of the limits of her competence and responsibility in this area.
- d) The Yoga Teacher needs to treat information they have about participants in sessions with strict confidentiality. Confidentiality is required both with respect to verbal information given to a teacher by a student and to written records held by a teacher.
- e) The Yoga Teacher must abide by The Data Protection Act 1998 (DPA).
- f) The Yoga Teacher needs to be able to make a Health and Safety and Risk Assessment according to the current requirements.
- g) The Yoga Teacher needs to be able to deal effectively with accidents and emergencies. This would normally entail familiarising him/herself with the policy of his/her employer, but where this does not apply an effective policy needs to be formulated and adhered to. As part of this policy teachers need to maintain an Accident Register and ensure it is kept updated.

### GUIDANCE NOTES:

- Section 2 a) & b) - *Please show how your teaching is informed by the principle of ahimsa and indicate how this is ongoing.*
- Section 2 c) –*should indicate here that you are aware of any contraindications to the practices you teach and are clear about when you need to refer your student to a GP.*
- Section 2 d), e), f) & g) - *Please affirm that you are committed to student confidentiality and alert to current legal requirements relating to data protection and health and safety, and to your employers requirements relating to accidents and emergencies. Please add any further comments which you feel may clarify your training with respect to the requirement for your students to receive safe instruction and to learn how to practice safely on their own.*

### [SECTION 3] PRACTICAL SKILLS

- a) Teaching Method. In keeping with *satya*, the Yoga Teacher is required to have gained the practical skills needed to teach his/her approach to Yoga and for those practical skills to be rooted both in the individual's Yoga practice and in the reflective practice of teaching itself. REPs recognise that different Yoga styles have teaching methodologies peculiar to them.
- b) Planning, Execution and Evaluation of Classes. REPs require that the Yoga Teacher can plan, execute and evaluate a safe and effective Yoga session. This need not be formal and documented, and certainly must be flexible, allowing for contingencies. However, the Yoga Teachers needs to be able to approach teaching sessions with clear intention, on-going awareness of the experiences and needs of participants as the session proceeds, and an ability and readiness to appraise the session's results.
- c) Adapting Classes. The Yoga Teacher generally needs to be able to adapt his/her teaching to the needs, conditions and abilities of a wide range of individuals and to mixed groups. On those occasions when a fixed format or specialised aspect of Yoga is being taught, the teacher needs to be able to accurately advise students as to the suitability of the session for them.

#### GUIDANCE NOTES:

- Note that REPs does not propose which asanas, mudras, bandhas, pranayamas, kriyas and meditations are taught nor how they are taught. Please show what practical skills inform your teaching. Sections 3 a) & b) - You should indicate here how your structure [plan, execute and evaluate] your classes and according to what rationale. Section 3 c) – Indicate how you adapt to the varied needs of students. You should outline your method of presentation, e.g. does it employ teacher demonstration, do you supervise practice classes etc. Mention here any speciality you might be teaching.

## **[SECTION 4] PRACTICE**

Practice on the part of the teacher is at the heart of any teaching of integrity. In keeping with the Yogic principles of *satya* and *ahimsa*, teachers must teach what they honestly know through their own practice. Practice should also be the basis of the practical skills a teacher has come to possess. The teacher's knowledge should also be grounded in the experience gained through diligent practice, rather than only in theoretical studies.

### GUIDANCE NOTES:

- *Indicate how your teaching is rooted in your own diligent practice.*
- *How how the safety of your teaching, and the knowledge and practical skills which inform it are rooted in your own personal practice.*
- *Please add any further comments which you feel may clarify your teaching with respect to the requirement for personal practice to be central to a teacher's teaching.*



## AGREEMENT

I declare that the statements made and answers given in this application are true and that no material information has knowingly been withheld. I agree to teach safely, responsibly and in a manner which enhances the reputation of the REPs and Yoga in general and to comply with the REPs Code of Ethics and Conduct. I understand that breach of this agreement will result in withdrawal of registration.

<b>Date of return of form</b>	
<b>Signature</b>	

Please return this form to one of the following:

**info@exerciseregister.org**

*or*

**REPs  
Chelsea Close  
Off Amberley Road  
Armley  
Leeds  
LS12 4HP**

By returning this form, you are confirming that all of the information provided in this form is correct.