



## ***Africa Yoga Federation (AYF)***

*Providing support, standards and recognition for Yoga Professionals*

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### **Application for International Registered Yoga School (IRYS)**

Dear Fellow Yogi,

You are invited to apply for your *Yoga Teacher Training School* to be included as a **International Registered Yoga School** in our national *Yoga School Registry*. The enclosed materials offer you the opportunity to tell us about your program and your teaching staff. We look forward to receiving your application soon, or to assisting you with it in any way we can.

*Africa Yoga Federation* is a voluntary alliance of diverse yoga organizations and individual yoga teachers with the purpose of upholding the integrity of Yoga, maintaining international standards for yoga teachers, and providing support for yoga professionals in Africa. We are very excited to be able to provide this opportunity for yoga schools and teachers to be professionally recognized.

We believe it is in teachers' best interests for the yoga community to actively adhere to the international minimum standards as determined by the *International Yoga Federation (IYF)*.

Teachers who have graduated from a **Credited School** will qualify by presenting a copy of their certificate or diploma with their application and a Registry Fee. We will be working to establish recognition of the Registry Marks, which indicate that the teacher has professional standing based on the completion of specified educational requirements.

We hope you will apply to be one of the **International Registered Schools**. School Registry Fees are R200.00 per year for the first level and R100.00 per year for the second level.

Thank you for your interest, and please let us know if we may assist you in any way.

Namaste,

*Africa Yoga Federation*

## Statement Of Purpose

### Vision

*Africa Yoga Federation* is a voluntary alliance of diverse yoga organizations and individual yoga teachers dedicated to uphold the integrity of yoga, maintaining international standards for yoga teachers, and provide support for yoga professionals in Africa.

### Mission

*Africa Yoga Federation* is a forum for yoga schools of all traditions, teacher organizations, and independent yoga professionals. *Africa Yoga Federation* does not define what yoga is and does not offer classes in yoga or teacher training.

*Africa Yoga Federation* brings together the community of yoga professionals with organisations that provide health care, medical and human services, stress management, and spiritual support to the public.

### **Africa Yoga Federation actively works to:**

- \* Exercise our right as yoga professionals to regulate ourselves.
- \* Provide business support to yoga professionals.
- \* Maintain a national registry of Yoga Teachers and schools who meet the *international* recommended educational standards.
- \* Grant the use of *Africa Yoga Federation's* **Creditation** to registered teachers and schools.
- \* Educate yoga and other organizations and the public about the Registry Mark.
- \* Educate the public about the benefits of yoga.
- \* Foster networking and mutual support among yoga professionals.
- \* Facilitate access to information on therapeutic yoga applications.

### **International Yoga Standards**

*Africa Yoga Federation* adheres to the international **minimum** standards for yoga teachers' worldwide. We also recognize that many individual teachers and many schools that train teachers exceed these standards. These standards are designed to be broad and inclusive while providing a meaningful assurance of quality to those who depend on the Registry Mark in selecting their yoga teachers.

## Application For IRYS – International Registered Yoga Schools

Please read all the information carefully and complete the application in its entirety. Should your school meet these standards, it will be listed as a **registered school in Africa**. Graduates of your school would then be able to qualify for Registry listing and authorization to use the Registry Mark and the initials “**IRYS**.”

Print clearly, completely fill out the appropriate sections and attach all necessary documents and your application fees. You may add extra pages where needed. Attached all necessary supporting documentation. Your application cannot be processed with incomplete information. Please contact us if you would like any assistance or clarification of any items.

*Africa Yoga Federation does not discriminate on the basis of race, color, religion, national origin, gender, age, marital status, disability, or sexual preference. All information will be treated as confidential.*

<b>School Name:</b> _____
<b>Style Taught:</b> _____
<b>Mailing Address:</b>
<b>Street</b> _____
<b>City</b> _____ <b>Country</b> _____ <b>Code</b> _____
<b>Hone: ( )</b> _____ <b>Fax: ( )</b> _____
<b>E-Mail Address:</b> _____ <b>Website:</b> _____
<b>Director Of Teacher Training:</b> _____
<b>Contact Person</b> (If other than above): _____
<b>Phone number</b> _____ <b>Fax</b> _____ <b>Email</b> _____

**1) This Application is for:**

**200-HOUR** \_\_\_\_\_

**500-HOUR** \_\_\_\_\_

**BOTH** – If you are applying for both, photocopy this application and submit two – one for each of the 200-hour and 500-hour levels.

**2) How Many Teachers Have You Graduated From The Beginning Of Your Program?**

APPROX. \_\_\_\_\_ ACTUAL \_\_\_\_\_

**3) How Many Graduate From Your Program Each Year?**

APPROX. \_\_\_\_\_ ACTUAL \_\_\_\_\_

**4) What Is Your Average Yoga Teacher Training Class Size? \_\_\_\_\_**

**5) Does the Principle Educator of your Teacher Training Meet The Registry Educational Standards For The Level She/He is Teaching? \_\_\_\_\_**

(see Attachment)

**5a) Attach Curriculum Vitae or Resume of Your Principle Educator of Yoga Teacher Training.**

**6) Do You Issue Documentation To Each Participant Who Satisfactorily Completes The Course?**

Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, please attach a copy.

**7) If A Student Has Lost His/Her Certificate, What Records Do You Check Before You Issue A Replacement?** Attach separate page to describe this.

**8) History:** Attach a separate page giving a brief history of your school. Include a paragraph clearly defining your school's approach or style of yoga (tradition).

**9) Curriculum:**

Give detailed descriptions below of your training program and how it meets Registry standards, including length of training and topics covered. If there is credit given for study outside of the classroom, define its content in each category and include the number of hours. **Note: Each category must consist of at least 50% contact hours.**

**Standards:**

**9a) Techniques:** 200-hour program = 100 hours 500-hour program = 150 hours

Includes asanas, pranayamas, KrIyas, chanting, and meditation. These hours include both training in the techniques and the practice of them.

Attach separate page.

**9b) Teaching Methodology:** 200-hour program = 20 hours 500-hour program = 30 hours

Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and the student's process of learning.

Attach separate page.

**9c) Anatomy & Physiology:** 200-hour program = 20 hours 500-hour program = 35 hours

Includes both physical Anatomy and Physiology (bodily systems, organs, etc.) and astral/energy/subtle Anatomy and Physiology (chakras, nadis, etc.)

Attach separate page.

**10d) Philosophy, Ethics & Lifestyle:** 200-hour program = 20 hours 500-hour program = 50 hours

Study of Yoga Scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for yoga teachers, 'living the life of the Yogi', etc.

Attach separate page.

**9e) Practicum** 200-hour program = 10 hours 500-hour program = 40 hours

Includes student teaching as well as observing and assisting in classes taught by others. Hours may be a combination of supervised and unsupervised.

Attach separate page.

**9f) Electives** 200-hour program = 30 hours 500-hour program = 195 hours

Electives' hours are the balance of hours that complete the 200 or 500 hour programs. These additional hours may be distributed according to the school's own particular emphasis. Distribute these hours in the

appropriate category(s) above. Then total hours in each category and list on the grid provided for documenting the hours of teacher training programs.

**9g) Contact Hours** 200-hour program = at least 160 hours 500-hour program = at least 350 hours  
Contact hours means that the Teacher Trainer is physically in the presence of the student. Non-contact or independent study hours may include: assigned reading or other homework, non supervised study groups, observing yoga classes, etc.

Details of the contact and non-contact hours must be detailed in the categories listed previously. A grid format is provided to record the hours and totals for both Contact and Non-contact hours.

**9h) For how many years has your school's curriculum met these standards?**

\_\_\_\_\_

**9i) When did your school begin training teachers?** \_\_\_\_\_

**9j) If your school has been in existence for 5 years or longer** and currently meets Registry standards, all of your past graduates are eligible to be enrolled as Registered Yoga Teachers. Which calendar years do you wish us to recognize your graduates as being qualified for enrollment in Yoga Teacher Registry?

\_\_\_\_\_

**If your school is less than five years old**, we will recognize the training of your graduates from the date at which your training program met these standards. Which calendar years did your training meet Registry standards?

\_\_\_\_\_

**9k) Attach a copy** of your detailed course calendar specifying content and presentations.

**Also, please attach any documentation** that feel describes why (and will enable the Registry to evaluate whether) your school's training meets the Registry standards.

**10) Describe your student assessment process.** (i.e. What do you do to determine whether or not to graduate or approve a student? Or what constitutes non-approval?) Attach separate page.

**11) Attach a copy of your Ethical Guidelines.**

Registered schools must include ethics in their curriculum and set an ethical example for their students. Therefore we require that you have an ethics agreement for your students.

*School Name* \_\_\_\_\_ *Location* \_\_\_\_\_

## Application Fees:

Check one box only. Use a second form for an additional level.

- Basic –**200 hour** program fee- R200.00 - Eligibility for the use of *Africa Yoga Federation's* Registry Mark - valid for five years, with an annual fee of R200.00, \*after which re-registration will be required.
- Second Level R100.00 -- If your school is eligible for adding a **500-hour** level to an existing 200 hr. program, the fee for the second level is R100.00 per year for five years\*.
- Both Levels**/or all inclusive 500 hour program R300.00 - Eligibility for the use of *Africa Yoga Federation's* Registry Mark is valid for five years, with an annual fee of R300.00\*.

**To complete your registration enclose the registration fee using a personal check or internet transfer.**

## Legal Agreement

The school is granted for five years the limited non-exclusive use of the certification mark (Registry Mark) for the purpose of identifying its Yoga Teacher Training program as an approved and Registered School in its promotional material. The **Registration** indicates to the public that your school has met **Africa Yoga Federation's** minimum standards for training as of the date of granting you're the registration. At any time that you no longer meet any one or more of said requirements, it is your responsibility to inform *Africa Yoga Federation*. *Africa Yoga Federation* retains the right to request updated information, to re-evaluate any Registered School and to revoke permission to use the Registry Mark.

Annually, *Africa Yoga Federation* will send Registered Schools a form asking about any changes that have taken place in the Training program. This form must accompany your renewal fee and is due 2 months before your annual anniversary date.

*Africa Yoga Federation* will send a renewal application to Registered Schools 6 months prior to your five-year expiration date. It must be completed and returned to Africa Yoga Federation by 3 months prior to your expiration date.

I hereby state that the above information is true to the best of my knowledge. I hereby agree to meet the conditions set forth above for use of the Registry Mark and to be listed as a **International Registered School**. I understand that falsification of any above information will result in revocation of these privileges.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Documentation Of Hours For Teacher Training Programs

School Name: \_\_\_\_\_

\* **Contact hours** = hours spent in the presence of the teacher during the program.

\* **Total Program hours** = Contact hours + non-contact hours (any assigned homework/independent study hours).

**The exact listing of hours per program is required. Each student must complete the number of hours listed.**

Note: Elective hours should be distributed in the corresponding categories listed below. Electives allow emphasis wherever the school deems necessary within the 5 categories.

Complete the grid for one or both programs, per your application. (Program totals can exceed the minimum.)

**All categories must have a minimum of 50% contact hours.**

### 200 HOUR PROGRAM

Minimum hours required	Techniques 100	T. Method. 20	Anat./Phys. 20	P,E & L 20	Practicum 20	Total
Contact Hours/min. = 160						
Non-Contact Hours						
Total = 200 Hours or more						

**500 hour programs must contain 300 hours of advanced training, in addition to the basic 200 hour level.**

The 500 hr. min. listed below are NOT in addition to the 200 hrs. above, but are the complete number of hrs. for this level. If adding a 500 hr program to a 200 hr program, the min. hours are the difference between the 500 & 200 requirements.

### 500 HOUR PROGRAM

Minimum hours required	Techniques 150	T. Method. 30	Anat./Phys. 35	P,E & L 50	Practicum 40	Total
Contact Hours/min. = 350						
Non-Contact Hours						
Total = 500 Hours or more						

*\*Note: 100 hours of teaching experience are required outside of the 500 hours of training before a teacher can enroll in the Registry.*

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

**Director of Teacher Training**

**Principle Educator of Yoga Teacher Training**  
**(Registered Yoga School Application)**

Name: First \_\_\_\_\_ Last \_\_\_\_\_

Note: *The Principle Educator must be a International Registered Yoga Teacher (IRYT)-500*

**Requirements for Principle Educator:** (note: “IRYT” means registered with *Africa Yoga Federation* or equivalent.)

- **IRYT- 500:** Minimum of 4 years and 2,000 hours of yoga teaching experience after becoming a RYT-500.

**Requirements for Assistant Educator**

- **IRYT- 200/500:** Minimum of 2 years experience and 1,000 hours of yoga teaching experience after becoming a RYT.

**Faculty Members**

List all primary faculty members. Indicate whether registered with *Africa Yoga Federation*.

**Note:**

- 1-8 students: One **Principle Educator** IRYT-500 (see above).
- Each additional 8 students: At least one additional **Assistant Educator** (see above).
  
- List all other current Yoga teachers (full and part time) below, and topic taught.

*Applicants must submit résumés for these teacher trainers, along with three professional references. In addition, you may submit photocopies of relevant diplomas and certificates.*

Name	Topic/s Taught	Registered/Not Registered

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_  
**Director of Teacher Training**