



Africa Yoga Federation (AYF)

Providing support, standards and recognition for Yoga Professionals

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Application For International Registered Yoga Teacher (IRYT)

Dear Yoga Teacher,

You are invited to **register** as a Yoga Teacher with *Africa Yoga Federation*. Please print and read the entire application and all instructions carefully. If you need assistance, please do not hesitate to contact us.

This application is for South African and Africa applicants.

Contact Information - The following information is how you will be listed in the registry on our Website and in our directory. If you do not want some item on the website, please include a note of what "not" to publish.

Please Print:

Country: _____
Name: _____
Street: _____ City _____
Province: _____ Postal Code: _____
Phone: Home () _____ Work () _____ Cell _____
Email: _____

XXXXXXXXXXXXXXXXXXXX

Your application packet must include: the completed application page, the signed legal agreement, any documentation (if required), and the appropriate registry fee.

Name of School: _____

Contact Details: _____

What is Your Primary Teaching Style * _____

*List only a style you have been qualified to teach by certification & include a copy of Certificate. If no specific style, write "Hatha". If more than one style, write "Multi".

Do you **teach in any language(s)** other than English? If so, please list:

Circle **the techniques** you include in your classes:

Asana; Pranyama; Meditation; Chanting; Kriyas

Other techniques _____

How did you hear about Africa Yoga Federation? (Check any that apply):

Internet Yoga Workshop Another Yoga Teacher My School

Currently teaching? (Circle One) - Part-Time Full-Time

Would like to teach (Circle One) - Part-Time Full-Time

In what setting(s) do you teach? (Circle any that apply): My Own Home

Corporation Hospital/Nursing Home University/School Health Club Private

Sessions Yoga Studio Holistic Health Center Resort/Hotel Cruise Ship

Other _____

Ethical Standards and Continuing Education

Africa Yoga Federation expects **International Registered Yoga Teachers (IRYT)** to live up to the highest ethical standards. In addition, we believe that successful yoga teaching requires continued learning and renewal. We have therefore adopted a general policy for continuing education. IRYT's are required to be actively engaged in formal professional training and development of their skills as a yoga teacher every year. With the annual renewal form, IRYT's will be required to submit records of their continuing education. *Africa Yoga Federation* retains the right to design and change Registry requirements to evolve and advance the quality denoted by its' registry mark.

Legal Agreement

Once approved, you are granted for one year the limited non-exclusive use of a *level-specific* registration mark and the initials "**IRYT**" (**International Registered Yoga Teacher**) after your name (together referred to as "registry mark"). These indicate to the public that you meet *Africa Yoga Federation* and Registered Yoga Teachers' minimum educational standards as of the date of granting your use of the registry mark. 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 review your credentials, request updated information, and revoke your right to use the registry mark at any time.

I certify that I meet the minimum educational standards for the level for which I am applying. 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 Registered Yoga Teacher. I understand that falsification of any above information will result in revocation of these privileges.

Signature: _____ Date: _____

Method of Registry

(Please complete the options below and attach appropriate documentation as indicated.)

1. Training Through a Registered Program

Check the one that applies and attach a copy of your certificate and enclose the registration fee.

Level 1: **200 HR.** Level 2: **500 HR**

2. Training Through a Non-Registered Program - Training through a school with similar minimum standards, NOT registered with *Africa Yoga Federation*

Check the one that applies and attach appropriate grid, certificates and/or paperwork along with the registration fee.

Level 1: **200 HR.** Level 2: **500 HR**

3. Yoga Teachers in Training

Students who are currently in training with a registered yoga school can register under this category. They will be eligible to register as yoga teachers after successful completion of their studies. The Fee is R50 for the duration of their studies.

To **complete your registration**, enclose the registration fee of R100 for residents of South Africa and Africa (use an international money order). There is a once off registration fee of R40 for administrative purposes.

NOTE: The annual renewal fee is currently R100. The fees are subject to change.

Thank you for making the time and effort to register as a yoga teacher with Africa Yoga Federation.

Annexure **A**: Level 1: 200-Hour Yoga Teacher Registration

Annexure **B** Level 2: 500-Hour Yoga Teacher Registration

Annexure **C**: Reference Letter 1

Annexure **D**: Reference Letter 2

(Annexure A)

Africa Yoga Federation

Level 1: 200 Hour Registration Grid for Documentation of Yoga Teacher Training Hours

The following grid works well for teachers needing to document their various programs training(s) into hours using the Standard 5 categories. Please note the total of **contact hours** (time spent with a teacher during training) and **non-contact hours** (independent study) for each category.

Gather all the necessary materials. Anything that might have dates, content/explanation of program and the length (hours), such as: class curriculums, class calendars, workshop or conference flyers and brochures from any course or module taken to date. (Apprenticeships with a teacher, rather than a school, would require a letter of explanation from the teacher to verify hours and categories involved.) Divide your programs' course hours into the Standard 5 categories.

1. List under Programs your entire teacher training programs, workshops, conferences, etc.
2. Contact hours must total 160 hours or more for a 200 program. The other 40 hours can be non-contact (independent study/assigned homework).
3. Elective hours are the 30 additional hours that round out the 200 hr. program. They are to be distributed among the categories below.
4. Each category's grand total must meet or exceed 50% of the required hours for that category as contact hours (time spent with a teacher during training).
5. Separate the hours for each category **contact hours** (time spent with the teacher) on top line and **non-contact** (independent study) on bottom.
6. Provide a total of hours below each column when listing is complete. For each program or workshop list the total of contact + non contact to the right.

NOTE: All categories' totals must have at least 50% of the required hours as contact hours. The total listed for each category is the required minimum. Contact hours must total at least 160 hours or more to meet the Standards.

Schools/Programs	Separation of Hours	#1 Technique 100 HR.	#2 T.Method. 20 HR.	#3 Anat./Phy 20 HR.	#4 P, E & L 20 HR.	#5 Practicum 10 HR.	TOTAL 200 hours
	Contact						
	N-Cont.						
	Contact						
	N-Cont.						
	Contact						
	N-Cont.						
	Contact						
	N-Cont.						
	Contact						

	N-Cont.						
	Contact						
	N-Cont.						
	Contact						
	N-Cont.						
GRAND TOTAL: must be 200 hours or more	Contact						
	N-Cont.						

Level 1: 200 Hour Registration: Independent Study

Documenting workshops, conferences, and retreats or formal training at a school not on the registry list.

Complete this form if you have completed your teacher education through equivalencies (as described below). We have tried to give you many possible ways to meet the requirements.

We realise this listing will take diligence to complete, and we sincerely thank you in advance for your integrity and commitment. Use separate pieces of paper. ([A grid format is provided](#))

Formal Training means: "in the presence of a teacher who is lecturing on a topic". It does **not** include audio or video classes.

NOTE: All categories' totals must have at least 50% of the required hours as contact hours.

1. Techniques (100 hours)

Definition: Includes asanas, pranayamas, kriyas, chanting, and meditation. Hours in this category include both training in the techniques and practice of them.

- a. Describe your hours of formal training (teacher training workshops, seminars, or intensives) and specify the total completed.
- b. If the total of part a) is at least 50 contact hours but less than 100 hours, you may supplement with yoga classroom experience (3 hours as a student + 5 hours as a teacher = together these qualify as the equivalent of 1 contact hour of formal training). Include letters from your teacher(s) (use reference letter #1) AND letters from a few of your students (use reference letter #2). ALSO INCLUDE your resume or history of teaching along with any supporting documentation such as ads, flyers, newspaper clippings, etc.

2. Teaching Methodology (20 hours)

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

- a. You must have a minimum of 10 contact hours of formal training in Teaching Methodology in how to teach in order to qualify. Provide documentation including a description of the class/es including day, time, teacher, location, and course content.
- b. If your total from part a) is more than 10 contact hours but less than 20 hrs. total, you may supplement with yoga teaching experience (10 hours as a teacher= 1 contact hr. equivalency), by describing the hours you have taught. Note: These teaching hours are in addition to any used in the Techniques category.

3. Anatomy & Physiology (20 hours)

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

- a. Describe your hours of formal training.
- b. If this is more than 10 hours of contact, but less than 20 hours total, supplement with appropriate equivalency to reach a total of 15 hours of general anatomy and 5 hours of applied anatomy.
 - i. General anatomy can be taken through the following: community college, adult ed, guided self-study with tutor, massage schools, yoga teacher training programs, and/or anatomy workshops.
 - ii. Applied anatomy can be taken through the following: yoga teacher training programs, yogic anatomy workshops, guided self-study or correspondence course specific for the practice of yoga. Course content includes: benefits and contradictions, skeletal system, muscle groups, subtle anatomy, nervous, glandular, digestive, circulatory, and respiratory systems. Supply as much information as possible.

4. Philosophy/Ethics/Lifestyle (20 hours)

Definition: Study of Yoga Scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for Yoga Teachers, etc.

- a. You must have at least 10 contact hours of formal training (lectures or formal guided discussion groups on Yoga philosophy/lifestyle). Describe them on a separate sheet of paper.
- b. If your total from part "a" is at least 10 contact hours, but less than 20 hours total, supplement with appropriate equivalency to reach a total of 18 hours of philosophy and lifestyle PLUS 2 hours of professional ethics.

Equivalencies are as follows:

- i. Non-contact hours of Philosophy and Lifestyle may be fulfilled through self-study (i.e., completion of correspondence courses or relevant books).
- ii. Professional ethics courses are accessible at colleges and through workshops. We also can provide you with a list of suggested books on professional ethics, reading any one of which will fulfill the requirement for 2 hours of ethics.

5. Practicum (10 hours)

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

- a. Describe your hours of supervised teaching.
- b. If this total is less than 10 hours, supplement with appropriate equivalency to reach a total 20 hours, through being mentored by a qualified teacher*/teacher trainer (2 hours of mentored teaching = 1 contact hour equivalency). Submit a letter from your Mentor, who is a Qualified Teacher* (use Reference Letter #3). As an alternative, you may submit two letters of recommendation from other qualified teachers* who have observed your teaching (use Reference Letter #3).

*Qualified teachers are those who meet the Registry 200-hour Standards whether or not they have registered.

6. Balance of hours (the 30 additional hrs. that complete the 200 hour requirement-distributed in one or more of the above categories)

Definition: The balance of hours that complete the 200 hour requirement. The hours should be distributed in one or more of the above categories according to the particular emphasis of the program(s) completed.

- a. Describe your hours of electives and the category they apply to. If there are less than 30 hours, supplement with additional appropriate equivalencies as described in the categories above. Refer to: 1) Techniques and/or 2) Methodology.

(Annexure B)

Africa Yoga Federation

Level 2: 500 Hour Registration

We believe that, at the **500-hour level of training**, supervision from a formal school is essential. You may qualify if you have Formal Training at up to three different schools in the following way:

- **First 200 hours** - through one qualified school* or through equivalencies (described in Level 1)
- **Remaining 300 hours** - through the same qualified school*, or through one or two additional qualified schools*. These hours must be advanced training and not a basic level training covered in a 200-hour level. Description of the course content and level of study is required through documentation from each of the schools. Your application will be review by *Africa Yoga Federation*. Please allow time for processing.

**Qualified teachers are those who meet the Registry 200-hour Standards whether or not they have registered.*

Grid for Documentation of Yoga Teacher Training Hours

The following grid works well for yoga teachers who needed to separate hours of training from one or more schools in order to complete this form. Gather all your course curriculums and class calendars. Make sure they state the course is advanced level training, minimum of 300 hours, beyond the 200 hour training or equivalency. Include copies of any printed materials with your application. These will make dividing the hours into categories easier.

1. List each school. The first being your basic 200 hour training school. If Independent study was used for the 200 level, complete that grid and transfer totals.
2. Contact hours must total 350 hours or more for a 500 program. The additional 150 hours can be non-contact (independent study or assigned homework).
3. **Balance of hours** are the 195 hours that round out the 500 hr. program after the required hours are met. To be distributed in the categories below.
4. Each category's grand total must meet or exceed 50% of the required hours of that category as Contact hours. Each category's required hours are listed.
5. Programs - separate hrs. in each category - Contact hours (time spent with a teacher during the training program) on top line & non-contact on bottom.
6. Provide a total of hours below each column when listing is complete. For each program list the total of contact + non-contact to the right
7. Document **100 hours or more of teaching experience** on a separate sheet of paper and include it with this grid. List the location, how long you have taught there (in weeks), how many classes a week and the length of each class. Multiply weeks X number of classes/wk. X length/class = Total.

NOTE: All categories' totals must have at least 50% of the required hours as contact hours. The total listed for each category is the required minimum. Contact hours must total at least 350 hours or more to meet the 500 Standard. (300 hrs. + the 200 program total.)

Schools/Programs	Separation of Hours	#1 Technique 150 HR.	#2 T.Method. 30 HR.	#3 Anat./Phy 35 HR.	#4 P, E & L 50 HR.	#5 Practicum 40 HR.	TOTAL 500 hours
200 hour program/Independent study	Contact						
	N-Cont.						
*500 hour program/portion thereof:	Contact						
	N-Cont.						
*500 hour program/portion thereof:	Contact						
	N-Cont.						
GRAND TOTAL - 500 hours: * 300 hours minimum of advanced programs	Contact						
	N-Cont.						

(Annexure D)

Africa Yoga Federation

REFERENCE LETTER: 2

For Teachers Who Have Observed the Applicant Teaching and/or for Students who have Studied With the Applicant.

Applicant's name _____ Address _____

Note to Applicant: Indicate which level your letter of recommendation applies to:

_____ 200 hour Techniques equivalency _____ 500 hour Grandfathering

To the Recommending Teacher or Student: *Please fill out the information requested.*

Name of Recommending Teacher/Student _____

Street _____ City _____ Country _____ Code _____

Phone #'s: Home _____ Work _____ email _____

Are you a teacher _____ or a student _____? Have you seen the applicant teach? Yes _____ No _____

What techniques have you seen the applicant teach (use separate pages as needed)?

PART A - 200 HR. Applicants:

From your observation of the applicant's teaching please comment on the applicant's skill in the following categories:

- * Understanding of techniques and knowledge of basic instruction
- * Clarity of instructions
- * Demonstration skills
- * Observation of class and appropriate corrections
- * Pacing
- * Control of class
- * Manner of interaction with students
- * Ability to create and maintain physical, emotional, and psychological safety for students.

From your knowledge of the applicant, has he/she mastered the teaching of yoga to the level of Registry Standards (Refer to Standards Page.) the applicant has indicated above? 200 hour level circle one
Yes No

PART B - 500 HR. Applicants:

From your knowledge of the applicant, has he/she mastered the teaching of yoga to the level of Registry Standards (see other side) the applicant has indicated above? 500 hour level circle one Yes No

PART C - ALL Applicants

Please add any additional comments that you think are relevant.

Thank you for taking the time to fill out this information, which will be helpful in our review of this applicant's eligibility for the Yoga Teachers Registry.