



Registration Application for Yoga Teacher Training Programs

Should your Yoga Teacher Training Program (YTT) meet the Ontario Yoga Association's (OYA) requirements, it will be listed as an OYA Registered School. Graduates of OYA Registered YTTs may apply individually for yoga teacher Registration with OYA through a shortened application process and reduced fee.

Please read this application carefully and print clearly. You may add additional pages where needed. Attach all necessary documents and application fees to your application.

Send the completed application form and registration fee to the OYA Office.

Mail: Ontario Yoga Association, PO Box 2107 Square One Post Office Mississauga ON L5B 3C6
Email: info@ontarioyogaassociation.ca

If you require assistance or clarification on any item, please contact the office. All information will be treated as confidential.

YTT Name: _____

Style taught: _____

Address: _____

City: _____ **Province:** _____ **Postal code** _____

Phone: _____ **Fax:** _____

Email: _____

Website: _____

Director of Teacher Training: _____

Contact person if other than Director: _____

Phone: _____ **Fax:** _____

Email: _____

1. Level of Registration:

- 200-hour
 500-hour
 200 & 500-hour (If applying for both levels, please copy this application and submit one for each level.)

2. When did your YTT begin training teachers?

3. How many individuals have graduated from your YTT program:

Number: _____

- Actual
 Approximate

4. How many individuals graduate from your program each year?

Number: _____

- Actual
 Approximate

5. What is the average size of your yoga teacher training classes?

Number: _____

6. Does the primary Director of your YTT meet the registration criteria for the level he or she is directing?

Level (200-hours or 500-hours): _____

Criteria

For 200-hour programs, the primary Director/ instructor:

- Is OYA R with 200 hours of teacher training (or eligible to be one)
- Has been teaching yoga for at least two years
- Has taught at least 1,000 hours of yoga classes after graduating from YTT

For 500-hour programs, the primary Director/ instructor :

- Is OYA R with 500 hours of teacher training (or eligible to be one)
- Has been teaching yoga for at least four years
- Has taught at least 2,000 hours of yoga classes after graduating from YTT

Please submit CVs for both the Director, or the primary teacher if it is not the Director, and any additional faculty. Two professional references are required for the Director or primary instructor. Photocopies of relevant diplomas and certificates should also be submitted.

Additional faculty in the YTT must have the following documentation: RYT registration (or equivalent for yoga studies or substantial training in anatomy and physiology (at least 100 hours of education and/or experience).

7. Does your YTT issue a certificate to each graduate?

- Yes (If yes, please attach a sample copy)**
 No

8. Attach a separate page that provides a brief history of your school. Please provide us with a short 60-word description of the style of yoga (tradition) your YTT teachers. If your application is approved, the 60-word description will appear in your listing in the OYA Registered School online directory.

9. Curriculum: In tables below, please document your YTT training hours, including subject areas covered, and number of contact (face-to-face) and non-contact hours. If credit is given for study outside of the classroom (non-contact), indicate subject category and number of hours.

Please note the 200-hour level requires 90% (180) of the required hours be contact hours. The 500-hour level requires 90% (450) of the required hours be contact hours. For each level, at least 50% of the hours required in each subject category must be contact hours. In order to achieve the required contact hours, several of the categories will have to exceed this 50% minimum.

10. Attach a copy of your course calendar that specifies content /presentations.

11. Describe your student assessment process (ie what measures do you use to determine whether or not a student graduates from your program?).

12. Please attach a copy of your YTT's Code of Ethics. Registered schools must include ethics in their curriculum and set an ethical example for their students.

If you do not have a Code of Ethics, please see OYA's recently adopted Code of Ethics and Conduct (attached) which you may use as a guide to developing your own.

Curriculum Requirements

a. Techniques

200-hour program = 100 hours 500-hour program = 150 hours

Included in this category: asanas, pranayamas, kriyas, chanting, and meditation.

These hours include both training in the chosen techniques and the practice of them.

b. Teaching Methodology

200-hour program = 25 hours 500-hour program = 30 hours

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

c. 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.)

d. Philosophy, Ethics & Lifestyle

200-hour program = 30 hours 500-hour program = 60 hours

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

e. Practicum

200-hour program = 10 hours 500-hour program = 40 hours

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

f. Balance of programs hours

200-hour program = 15 hours 500-hour program = 185 hours

The balance of hours that complete the 200 or 500 hour programs may be contact hours or non-contact (assigned homework/reading). These hours should be distributed according to the school's own particular emphasis. Distribute these hours in the appropriate category(s) above according to contact or non-contact. Then total hours in each category and list on the grid provided for documenting the hours of teacher training programs.

g. Contact Hours

200-hour program = at least 180 hours 500-hour program = at least 450 hours

Contact hours: The Teacher Trainer is physically in the presence of student during lectures and/or demonstrations.

Non-Contact: 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 separated among the categories listed. A table format is provided below to record the hours and totals for both contact and non-contact hours.

Documentation of Hours for Yoga Teacher Training Programs

Name of YTT: _____

- Details of the contact and non-contact hours must be separated among the categories listed.
- Total Program = Contact hours (time spent in the presence of the teacher during the program) and non-contact hours (any assigned homework or independent study hours). The exact listing of hours per program is required. Each student must complete the number of hours listed.

Complete the table for one, or both programs, per application (program totals *can* exceed the minimum). Every category must have *at least 50%* of the required hours as contact hours in 200 and 500-hour levels. In order to achieve the required contact hours, most of the categories will exceed this 50% minimum.

200-Hour Program Min. hours required	10a Techniques 100 hours	10b T. Method. 25	10c Anat./Phys. 20	10d P.,E. & L. 30	10e Practicum 10	Full 200-hour Total =185+Bal. 15
Contact hours / min.= 180						
Non-contact hours						
Total Program should = 200 Hours or more						

- 500-hour programs must contain 300 hours *advanced* training, in addition to the basic 200-hour level.
- The 500 -hour min. listed below are *not* in addition to the 200 -hours above , but are the complete number of hours for this level.
- If adding a 500-hour program to a 200-hour program, the min. hours are the difference between the 500 and 200-hour requirements.

500-hour Program Min. hours required Min. reflect full 500 hrs	10a Techniques 150	10b T. Method. 30	10c Anat./Phys. 35	10d P.,E. & L. 60	10e Practicum 40	Full 200 hour Total =315+Bal. 185
Contact Hours/min.= 450						
Non-Contact Hours						
Total Program should =500 Hours or more						

Signature: _____ (Director of Teacher Training) Date: _____

Legal Agreement:

If your Yoga Teacher Training (YTT) program meets the Registration requirements of the Ontario Yoga Association (OYA), your YTT will be Registered with OYA for three years from the date of your application's approval, at which time your YTT may identify itself to the public as an approved and Registered YTT.

Your Registration is reviewed at the end of three years to ensure that your previously approved program continue to meet OYA's Registration requirements. Your Registered YTT must complete the renewal process at the end of three years to maintain Registration status with OYA.

Every year, your Registered YTT will be sent a form to ask if any changes have taken place to your training program. The form is due on or before your YTT's annual anniversary date and may accompany your renewal fee.

OYA retains the right to request updated information, reevaluate any Registered YTT program and revoke registration of YTT should it no longer meet OYA requirements. Falsification of any information given in the application will also result in the revocation of YTT Registration.