



Yoga Scotland

(incorporating the Scottish Yoga Teachers' Association)

Yoga Scotland Teacher Recognition Overview

Thank you for your interest in applying for recognised teacher status with Yoga Scotland.

Please submit your completed application form together with the following supporting documentation:

- Syllabus of teacher training course(s) undertaken
- Two samples of marked written papers undertaken in each of (a) anatomy and physiology (b) yoga philosophy
(You may submit photocopies but if you do this please bring the original versions with you to your interview)
- 14-day diary of personal practice
- Class plan for general mixed ability group for minimum 1.5 hours showing aims, objectives, benefits, cautions and appropriate modifications *(See attached template)*.

As part of the application process we will carry out an assessment of your teaching based on the class plan you submit. This can be with your regular class if you are currently teaching or with another appropriate class if you are not. We will also invite you for interview at a date to be determined.

The possible total cost associated with the Teacher Recognition Process is shown on the enclosed flowchart. At this stage we require your payment for our initial scrutiny of your application and interview (£120). Please make your cheque or postal order payable to Yoga Scotland. You will also be required to pay a fee for your teaching assessment (£35) and travel costs to your assessor on the day of your assessment.

Please return your completed application form, relevant supporting documentation and payment within one month. You will be contacted within 14 days of receiving your application to arrange an observation of your teaching and agree an interview date.