



**Yoga Scotland**  
*(incorporating the Scottish Yoga Teachers' Association)*

## Teacher Recognition Scheme Criteria

Applicants must have at least 5 years' regular yoga practice and have been teaching their own class for a minimum of 2 years.

Teacher recognition is dependent on the following criteria:

- (a) Length of training (minimum tutorial contact 250 hours)
- (b) Remaining hours spent on study, personal practice, and seminars must be shown to make up at least 500 hours of yoga training
- (c) Syllabus along with valid certificates and/or evidence of exam papers passed (These must include anatomy & physiology, and philosophy)
- (d) Diary of personal practice for 14 days, class plan and 2 written papers from course work on each of anatomy & physiology, and philosophy
- (e) A list of books read (be prepared to discuss contents)
- (f) Knowledge of health and safety procedures
- (g) An up-to-date first aid course certificate
- (h) During assessments by a qualified tutor be prepared to demonstrate a knowledge of:
  - asanas
  - pranayama techniques
  - mudras
  - bandhas
  - meditation
  - mantras
  - yoga history and yogas practised today
  - relaxation techniques
  - cleansing practices
- (i) During assessments by a qualified tutor be prepared to:
  - show methods of record keeping
  - provide a handout of suitable advice for beginning students
  - where appropriate, employ different teaching strategies, eg. invite a group to gather round for closer observation, or have question and answer sessions
  - recommend books and/or other learning materials for specific purposes

Subject to interview applicants will be advised on their next course of action by Yoga Scotland Teacher Recognition Scheme Co-ordinator.