



**Yoga Teachers Fellowship**  
**Of Southern Africa**  
Founded 1976  
029-725-2po

## **MINIMUM STANDARDS FOR TEACHERS AND TEACHER TRAINERS OF THE YOGA TEACHERS FELLOWSHIP**

These standards apply to teachers of the fellowship who are teaching the public and to the curricula of those qualified teacher training teachers.

Aim and objectives:

- These standards are set in place to uphold the standards of yoga within the Yoga Teachers' Fellowship, nationally and internationally
- To embrace all styles and teachings of yoga under one umbrella: including Raja, Bhakti, Karma, Jnana, Hatha, Integra, Mantra, Yantra, Kundalini, Ashtanga, Tantra, Laya and Kriya yoga.
- To have value with regard to other parties (eg. Government, medical aids, the health professions, etc.)
- To protect seekers and the public who utilize the YTF in search of a qualified teacher
- To ultimately grow and promote yoga for the benefit of practitioners, seekers and society as a whole

**.Categories:**

- **Associate Member:** Teacher in training (One year registration; obviates once off entry fee) or non teaching yogi.
- **Full Member:** Must have completed a curriculum of studies and practices, which includes the study of at least three of the practices. The minimum time spent with the tutor/s to be 160 hours, in all a minimum 200 hours study & practice. This category does not require teaching experience.
- **Teacher Trainer** To have completed a curriculum of studies and practices, the total hours of study and practice should be 500 or above. The minimum time spent with the tutor/s to be 350 hours. Teaching experience of 100 hours is needed to qualify for this category.
- **Yoga therapist** Yoga teacher specialized in specific modality eg Ayurveda

Becoming a member of the **Yoga Teachers Fellowship as a full member** (teacher):

- Being an associate member of the YTF for one year, while in training or thereafter.
- Having completed a 200 hr curriculum with a teacher/school, recognized as member of the YTF as mentioned above.
- By documenting equivalent training through a school/individual, which are not members of the YTF.
- By Grandfather clause

Grandfather clause:

- Certified before 2005, accepted as a qualified teacher. According to school or curricula followed, the category can be determined.
- Teachers who have helped lay the foundation of the YTF and of yoga in South Africa will qualify immediately in category II.

## Requirements: Minimum Yoga Teacher Standards

Our minimum Yoga Teacher standards are taken from the International Yoga Federation (IYF) and are in accordance to international requirements. YTF stakeholders or members are IYF members as is the US Yoga Alliance and similar international yoga bodies.



Yoga Teacher: Level 1 200 Hour Standards		Yoga Teacher: Level 2 500 Hour Standards	
Category	Required Hours	Category	Required Hours
Techniques	100 Hours	Techniques	150 Hours
Teaching Methodology	20 Hours	Teaching Methodology	30 Hours
Anatomy and Physiology	20 Hours	Anatomy and Physiology	35 Hours
Philosophy, Ethics, & Lifestyle	20 Hours	Philosophy, Ethics, & Lifestyle	50 Hours
Practicum	10 Hours	Practicum	40 Hours
Electives	30 Hours	Electives	195 Hours
Contact Hours	At Least 160 Hours	Contact Hours	At Least 350 Hours
		Teaching Hours	100 Hours

(Note: 500-Hour Standards: These hours are **not** in addition to the 200 hours above, but are a complete description for this level)

### Category & Description

Category	Description
Techniques	Training & practice of asanas, pranayama, kriya, mantra, and meditation.
Teaching Methodology	Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and the student's process of learning.
Anatomy and Physiology	Includes both physical Anatomy and Physiology (bodily systems, organs, etc.) and astral/energy/subtle Anatomy and Physiology (chakras, nadis, etc.)
Philosophy, Ethics, & Lifestyle	Study of Yoga Scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for yoga teachers, yoga as a lifestyle, etc.
Practicum	Includes student teaching, observing and assisting in classes taught by others. Hours may be a combination of supervised and unsupervised.
Electives	Electives are to be drawn from the other five categories, according to a school's own particular emphasis and style.
Contact Hours	Teacher/facilitator is physically in the presence of the student. Non-contact or independent study hours may include: assigned reading, all homework, non supervised study groups, observing yoga classes, etc.

## **Practices / Techniques in detail**

- Asana: Incl. benefits, contra-indication, healing through asana practice, Bandhas, mudras, 8 limbs of Patanjali
- Pranayama: Incl all breathing techniques
- Meditation (Dhyana, Dharana, Samadhi) Satsang  
Incl trataka, pratyahara, yoga nidra, silence, kaya sthairyam, chidakash Dharana
- Kriyas
- Mantra Incl Japa, Ajap, Kirtan
- Bhakti Incl Havans, rituals, worship, prayer
- Shatkarmas Purification
- Anatomical and physiological studies
- Psychological studies Incl, mind, mental states, affect of yoga on the mind.
- Spiritual bodies incl nadis, chakras, aura and energy work, kundalini, dis-ease, pranic healing
- History and yogic philosophy Incl, any books, for example, Bhagavad-Gita, Patanjali's Sutras, Upanishads, Vedanta, Hatha Yoga Pradipika.
- Ayurveda Incl, nutrition, gunas
- Teaching techniques and methodology Incl. Voice projection, class planning, teacher qualities
- Other yogic paths school specific

## Membership Benefits For Yoga Teachers & Schools

YTF is an independent Non Profit Organization (029-725 NPO) An umbrella body or 'home' to **unite** teachers and students who subscribe to a yogic lifestyle and want to be included in a community of like minded people. **Benefit** from the ongoing public awareness campaign to install Yoga Teaching as a recognized Profession in South Africa.

Ensure that yoga teachers are trained to a **standard** that ensures safety, wellbeing and good practice for the benefit of all existing and potential yoga students.

**Recommendation** of qualified yoga teachers; Response to call & e-mail inquiries

Advertised in **Yoga Teachers' Register**; YTF advert in Odyssey magazine, Telkom directories & Online Yellow Pages plus most other media services

**Employment opportunities:** studios, corporate clients, general public requiring services of qualified, recommended, professional yoga instruction

**Continuing Professional Development** Ongoing affordable workshops for teacher upgrade, to refresh yoga skills & general inspiration, preferential rates at YTF events

**Longevity & History** Initiated in the 1960s, a successful model that is now used by many studios

**Newsletters**

**Website:** Area specific register of teachers: Full members & Associate members; Teacher trainers and their course specification; Therapists; Register of Studios; Social Media

**Events Calendar:** Events listing and happenings, social media exposure of workshops and events

**Inspiration,** Articles, Meditations, general awareness

**International** updates of news and conferences

**Personal assistance** with queries: registrations, international standards, teacher training, studio requirements, Public liability Insurance

**Code of Conduct:** Commitment to honour Ethics for Professional Yoga Teachers

**Codes of Conduct** apply in all walks of life.

This code is meant to remind you that your ability to honour your promises directly impacts your credibility, reputation, trustworthiness, earning ability, and overall peace of mind. The power of commitment and honouring promises to yourself and others is the key to abundance. The Code is not intended to supersede the Code of Conduct/Ethics of any school or tradition but is intended to be a basis for yoga ethics, in general and specifically as a Registered Yoga Teachers' Fellowship Teacher.

- Adhere to the traditional yoga principles as expressed in the Yamas and Niyamas.
  - Uphold the integrity of the yoga profession by conducting oneself in a professional and conscientious manner.
  - Create and maintain a safe, clean and comfortable environment for the practice of yoga.
  - Actively encourage diversity by respecting all students regardless of age, ethnicity, gender, physical limitations or religion affiliations.
  - Respect the rights, dignity and privacy of all students and the essence of Yoga.
  - The teacher should be able to adapt her/his teaching to the students' requirements, their individual needs and to respect their limits.  
Adhere to local government and national laws that pertain to best business practice.  
(Adapted from International Yoga Federation, with gratitude)
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## **Mission Statement**

### **AIMS AND OBJECTIVES**

**The Yoga Teachers Fellowship S.A.** is a body of Teachers and people interested in yoga who wish to further the aims of Yoga in Southern Africa and if possible further a field.

### **Fellowship:**

- Fellowship means partnership in promoting the principles and interests in yoga irrespective of colour and creed.
- Fellowship means better communication and understanding between all members.

### **Objectives:**

The fellowship has the following objectives:-

- To promote the principles and interests of yoga in Southern Africa and co-ordinate the policies, attitudes and interests of all those concerned with the development and teachings of yoga.
- To establish, maintain and promote the observance of ethical codes of conduct in teaching and advertising and to protect the consumer public from malpractices.
- To further and protect the interests of Yoga teachers.
- To maintain a register of teachers and members, for the purpose of informing the public where and when classes are held in their area throughout Southern Africa. This valuable information constitutes one of the pillars of the Fellowship.
- To provide a forum for discussion, consultation and co-operation between members and schools of yoga affiliated to the fellowship.
- To obtain:-information or data and /or legal opinions whether from council or from its attorneys for dissemination amongst members or other persons on all matters affecting yoga and the interest of members.
- To assist with advice and service on matters pertaining to yoga and for this purpose to issue circulars or publish journals, periodicals or newsletters.
- To extend the scope of the Fellowship by becoming affiliated to any similar association outside the Republic of Southern Africa.
- To set up channels of communication throughout Southern Africa to achieve the greatest possible harmony and unification of objectives between members, teachers and Schools of Yoga for the benefit of all.
- To assist in the development of courses, schools, libraries, examinations, standards of instruction and ethical codes of Yoga Teachers.
- To safe-guard the teachings of yoga and promote a spirit of brotherhood, love and understanding. The teaching of Yoga is a vocation demanding knowledge of techniques and personal maturity. It should be exercised with care and concern for its precious heritage.

Founder:	Kavi Yogiraj Mani Finger
Chairperson:	Marina Contardo
Complete Yoga Editor:	Angela Wood
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