



Satyananda Yoga Teachers' Association Inc.

www.syta.org.au

SYTA Membership Package

This Membership Package is designed for Full membership applicants who do not have a diploma from SYA or who are not SYA Accredited

Joining SYTA

Full membership is open to all persons who teach yoga in the Satyananda tradition and are resident in Australia, who agree to abide by the SYTA Code of Ethics and Code of Practice and have a Satyananda Yoga Academy (SYA) Diploma (or equivalence) and/or have SYA level 2 Accreditation (or equivalence). Full membership is also open, until 30th June 2012, to Satyananda Yoga teachers who have SYA level 1 accreditation, who are resident in Australia and who agree to abide by the SYTA Code of Ethics and Code of Practice and those who satisfy the requirements of the Training and Experience Matrix .

Associate membership is open to persons who do not meet the full membership criteria but who do support the aims of SYTA. Associate membership is now available to teachers and others living in New Zealand, as well as senior members of Munger and Rikhia ashrams in India.

Organisations in Australia such as yoga centres can apply for associate membership if a majority of their yoga teachers are full members of SYTA.

Applying for SYTA Membership

- read carefully the SYTA *Code of Ethics* and *Code of Practice* from the SYTA website
- read the *Training and Experience Matrix*, a guide to the minimum membership requirements
- complete the attached SYTA *Training and Experience Summary*, using the *Evidence Guide*
- complete the attached *Full Membership Application Form*
- ensure that your nomination is completed and signed on the application form by a **proposer** and **seconder** who are current SYTA full members and who are familiar with your yoga teaching
- post the completed *Training & Experience Summary* and *Application Form*, your payment of \$100 (or EFT reference), and a copy of all supporting documents to the SYTA Secretary.

If you have any queries regarding membership, please contact the secretary or the membership committee who will be happy to assist you.

SYTA Membership Secretary

Email:

membership@syta.org.au



Satyananda Yoga Teachers' Association Inc.

SYTA Training and Experience Matrix

Minimum learning, practice and yoga teaching experience required for SYTA full membership

CATEGORY	DESCRIPTION	TIME
1 Personal Practice	Regular personal yoga practice such as asana, pranayama and meditation.	2 yrs
2 Professional Teaching Practice	Yoga classes and workshops taught as an independent professional teacher.	0 yrs
3 History and Philosophy	History of yoga in India and other countries, including schools of yoga such as Satyananda, Iyengar, Astanga. Central Philosophies of yoga including the branches of Hatha, Raja, Jnana, Mantra, Bhakti & Karma yoga.	25 hrs
4 Ethics and Lifestyle	Ethics for yoga teachers including knowledge of the yama and niyama in Patanjali's <i>Yoga Sutras</i> . Yogic Lifestyle as an application of the principles and practice of yoga in our lives. o Time spent at residential yoga centres.	25 hrs 7 days
5 Anatomy and Physiology	Anatomy and Physiology of the body systems related to yoga, including the muscular/skeletal, respiratory, cardiovascular and digestive systems. Application of Anatomy and Physiology to care in yoga practice.	25 hrs
6 Yogic Physiology	Yogic Physiology of the subtle body, including the koshas, prana, nadis, chakras and gunas.	25 hrs
7 Yogic Psychology	Yogic Psychology including different models of the mind. The application of yoga practices to manage the mind and emotions.	25 hrs
8 Occupational Health & Safety	Occupational health and safety guidelines are understood and practised.	5 hrs
9 Techniques of Yoga Practices	Knowledge and personal experience of a broad range of Satyananda yoga practices , including asana, pranayama, yoga nidra, meditation, shatkarmas, mudra, bandha and chanting.	130 hrs
10 Teaching Methodology	Knowledge and practice of teaching methodologies relevant to Satyananda Yoga, including communication skills, observation, instruction, demonstration, teaching strategies and planning. Care in teaching yoga practices. Develop effective interpersonal skills and utilise relevant technical language such as Sanskrit.	70 hrs
11 Integrated Practice and Teaching	Integrating the knowledge, skills and methods of Satyananda yoga teaching as described in the SYTA <i>Code of Practice</i> .	30 hrs
	Total	360 hrs

The **time** specified gives an indication of the amount of training and experience needed to reach the level of competency required in each category.

SYTA Evidence Guide

Providing *evidence* for your SYTA membership application

When completing your SYTA *Training and Experience Summary* it is necessary to provide evidence that you have suitable skills, knowledge and capabilities in the nominated areas.

Evidence refers to material that you can provide to show your knowledge, training and experience. This may have been gained through formal or informal training or life experience. It is also important to show what you are able to do at this point in time. The more recent the evidence the better.

Evidence can take many forms

In considering your evidence, it is important that you think laterally or outside the box. You may have a certificate of training that covers specific areas or you may have gained your knowledge more informally through work experience. You could provide a testimonial or reference that describes your experience. Evidence of time spent at a yoga centre or residential ashram may indicate your understanding of some aspects of yogic lifestyle and philosophy.

The list below is designed to give you **ideas**; there may be other evidence that you are able to provide. As you complete the *Training and Experience Summary*, keep this list beside you to help find examples of evidence.

Examples of evidence:

Relevant training

Certificates, diplomas, degrees, statements of attainment, short courses, Professional Development (PD) etc. If the certificate does not include sufficient details, attach further information or course notes as evidence.

In some cases, evidence of your general competence in generic areas such as communication, teaching strategies and interpersonal skills can also be demonstrated from your qualifications. It is important, however, to show how these skills have been applied to teaching Satyananda yoga practices.

Relevant experience

Can you show evidence of gaining experience related to a particular category? This may take the form of a resumé, testimonials or references from peers or students, employer reports, job descriptions.

Workplace documents

Do you have work you have done that demonstrates your capability in a given area. Eg. your professional teaching – class or course plans, term brochures, flyers for workshops, a letter from your employer, CD.

Course and class plans developed by you

Examples of yoga course and class plans will reflect your knowledge of the principles and practice of yoga.

Third party reports For example, from yoga teachers, employers etc

Evidence of time spent visiting, living and/or working in yoga centres

Not only does this give an indication of your understanding of yoga, it helps establish your grounding in areas such as yogic lifestyle and different branches of yoga, as well as other skills learned during this time.

Audio or video documentation

Eg. evidence of your yoga teaching skills relevant to Satyananda Yoga, such as a CD, tape or video.

Promotional material

Marketing and other material that has been developed by you or promotes you relating to your experience in a given area. Eg. brochures, flyers, magazine articles or advertisements, websites.

Diary/ reflection/ record of practice, projects/assignments, research assignments, oral presentation, graphic presentation, group projects, written tests, skills portfolio, a practical demonstration of your yoga teaching.

Small **gaps** in your training and experience do not necessarily mean that your application for SYTA membership will be rejected. Where an applicant can provide clear evidence that they are a yoga teacher in the Satyananda tradition, the applicant may be accepted as a SYTA member after a suitable agreement and timeframe has been reached for upgrading their knowledge and skills.

SYTA Training and Experience Summary

You **must** provide a copy of appropriate documents to support your application, including a Satyananda Yoga **Beginners Class and Course Plan** for at least one term (8 – 12 weeks).

- If you have a SYA *Diploma*, do NOT complete this form – go to the SYTA website.

Name (print): _____ **Spiritual Name:** _____

Address: _____

Phone: _____ **Email:** _____

Please answer the questions below, indicating what training and experience you have achieved in each category, and the type(s) of evidence you are providing. Check the *Evidence Guide* attached for ideas of what can be used as evidence. Contact the Membership committee if you need any assistance.

1 Personal Practice

Indicative time ≈ 2 yrs

Your time ≈ _____ yrs

Managing regular personal yoga practice, including appropriate daily yoga sadhana, such as asana, pranayama and meditation. eg 1 hr x 5 days/week of sadhana. Describe this below:

2 Professional Teaching Practice

Indicative time ≈ 0 yrs

Your time ≈ _____ yrs

Yoga classes and workshops etc. taught as an independent professional teacher, including the types of classes taught and any areas of speciality, eg yoga in schools.

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. class plans/brochures/flyers, PD certificates, references. No Yes

List this evidence: _____

Describe your experience as a professional yoga teacher: _____

3 History and Philosophy

Indicative time ≈ 25 hrs

Your time ≈ _____ hrs

3.1 Knowledge of the history of yoga in India, its spread to other countries and its development in Australia, including schools of yoga such as Satyananda, Iyengar, Astanga, Bikram.

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. workshop certificates, references, yoga centre residence. No Yes

List this evidence: _____

Describe other training and experience in this area: _____

3.2 Familiarity with the central philosophies of yoga including a basic understanding of Vedanta, Samkhya and Tantra, and knowledge of the branches of Hatha, Raja (especially the 8 limbs of yoga), Jnana, Mantra, Bhakti and Karma yoga.

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. certificates, references, group study, ashram residence. No Yes

List this evidence: _____

- Does this evidence include knowledge of these branches of yoga? Hatha No Yes, Raja No Yes, Jnana No Yes, Mantra No Yes, Bhakti No Yes, Karma No Yes.

Describe other training and experience in this area: _____

4 Ethics and Lifestyle Indicative time ≈ 25 hrs + 7 days residential. **Your time ≈ ___ hrs + ___ days**

4.1 A commitment to ethics for yoga teachers, including knowledge of the yama and niyama in Patanjali's Yoga Sutras and an understanding of how it relates to the SYTA Code of Ethics.

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. workshop certificates, references, group study plans. No Yes

List this evidence: _____

Describe other training and experience in this area: _____

4.2 Evidence of yogic lifestyle as an application of the principles and practice of yoga in our lives.

Have you spent time at residential yoga centres? No Yes, where? _____

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. yoga centre residential visits, references, resumé. No Yes

List this evidence: _____

Describe other training and experience in this area: _____

5 Anatomy and Physiology Indicative time ≈ 25 hrs **Your time ≈ _____ hrs**

5.1 Knowledge of anatomy and physiology of the body systems related to yoga, including the muscular/skeletal, respiratory, cardiovascular and digestive systems.

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. course/workshop certificates, assignments, research. No Yes

List this evidence: _____

- Does this evidence include knowledge of these body systems related to yoga? muscular/skeletal No Yes, respiratory system No Yes, cardiovascular system No Yes, digestive system No Yes.

Describe other training and experience in this area: _____

5.2 The application of anatomy and physiology to care in yoga practice.

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. workshop certificates, assignments, research, resumé. No Yes

List this evidence: _____

Describe other training and experience in this area: _____

6 Yogic Physiology

Indicative time ≈ 25 hrs

Your time ≈ _____ hrs

Knowledge of the yogic physiology of the subtle body, including koshas, prana, nadis, chakras, gunas

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. workshop certificates, assignments, research, resumé. No Yes

List this evidence: _____

- Does this evidence include knowledge of the following aspects of the subtle body? koshas No Yes, prana No Yes, nadis No Yes, chakras No Yes, gunas No Yes.

Describe other training and experience in this area: _____

7 Yogic Psychology

Indicative time ≈ 25 hrs

Your time ≈ _____ hrs

7.1 Familiarity with concepts of yogic psychological models (including 4 parts of mind - manas, buddhi, chitta, ahamkara) and basic contemporary models of the mind (including perception and cognition).

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. workshop/course certificates, lectures, study groups. No Yes

List this evidence: _____

Describe other training and experience in this area: _____

7.2 Familiarity with the application of yoga practices to manage the mind and emotions.

For example, using practices such as yoga nidra, nadi shodhana, ajapa japa, antar mouna and kirtan.

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. workshop certificates, assignments, teaching experience. No Yes

List this evidence: _____

Describe other training and experience in this area: _____

8 Occupational Health & Safety

Indicative time ≈ 5 hrs

Your time ≈ _____ hrs

Occupational health and safety guidelines are understood and practised, including maintaining a safe teaching environment.

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. workshop/course certificates, research, references. No Yes

List this evidence: _____

Describe other training and experience in this area: _____

9 Techniques of Yoga Practices

Indicative time ≈ 130 hrs

Your time ≈ _____ hrs

Knowledge and personal experience of a broad range of Satyananda yoga practices, including asana (especially pawanmuktasana series); **pranayama** (especially basic breathing, yogic breath and basic techniques of balancing, vitalising and tranquillising breathing practices); **yoga nidra** (8 stages); **meditation** (especially kaya sthairyam, breath awareness, ajapajapa, antar mouna and Om chanting); **shatkarmas** (especially neti and kunjul); **mudra** (gyana and chin); **bandha, chanting.**

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. inservice certificates, assignments, teaching, reference. No Yes

List this evidence: _____

- Does this evidence include these Satyananda yoga practices? pawanmuktasana series No Yes; basic breathing, yogic breath and basic techniques of balancing, vitalising and tranquillising breathing practices No Yes, 8 stages of yoga nidra No Yes; kaya sthairyam, breath awareness, ajapajapa, antar mouna, and Om chanting No Yes; neti and kunjul No Yes; gyana and chin mudra No Yes; bandha No Yes; chanting No Yes.

Describe other training and experience in this area: _____

10 Teaching Methodology

Indicative time ≈ 70 hrs

Your time ≈ _____ hrs

10.1 Knowledge and practice of teaching methodologies relevant to Satyananda Yoga, including communication skills, observation, instruction, demonstration, teaching strategies and planning.

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. **class/course plan**, PD certificates, teaching experience. No Yes

List this evidence: _____

Describe other training and experience in this area: _____

10.2 Appropriate care in teaching yoga practices.

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. inservice certificates, assignments, teaching, reference. No Yes

List this evidence: _____

Describe other training and experience in this area: _____

10.3 Effective interpersonal skills and utilisation of relevant technical language such as Sanskrit.

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. workshop certificates, assignments, research, reference. No Yes

List this evidence: _____

Describe other training and experience in this area: _____

11 Integrated Practice and Teaching Indicative time ≈ 30 hrs **Your time ≈ _____ hrs**
Integrating the knowledge, skills and methods of Satyananda yoga teaching as described in the SYTA Code of Practice. This could be achieved by either professional teaching experience or supervised teaching practice.

Do you have formal training in this area? No Yes specify: _____

Do you have other supporting evidence? eg. **class/course plan**, yoga teaching, references, mentor. No Yes

List this evidence: _____

Describe other training and experience in this area: _____

• **Describe any other training or experience relevant to your application:**

Name (print): _____

Signature: _____

Date: _____

Email or post the completed *SYTA Training and Experience Summary, Full Membership Application Form* and supporting documents to: **SYTA Membership Secretary, membership@syta.org.au or post to PO Box 6748 Charnwood ACT 2615**

Enquiries: SYTA Membership Secretary

Email: membership@syta.org.au



Satyananda Yoga Teachers' Association Inc.

Website: www.syta.org.au

ॐ Full Membership Application Form ॐ

This application form is designed for applicants who do not have a diploma from SYA or who are NOT an accredited Satyananda yoga teacher.

Surname _____ Given name _____

Initiation Name _____ Initiation _____

Preferred name for directory/website _____

No./Street _____ Suburb _____

State _____ Post Code _____ Telephone _____

Email _____

Teaching Region/s _____

My areas of teaching interest/specialty are:

Reasons for applying for SYTA membership:

If admitted as a member, I consent to my name and contact details being given to bona fide inquirers and to have these published in a Directory of Teachers on the Members only section of the SYTA website. Yes No

Would you like to have your own webpage on the SYTA website? Yes No

In the past, have you ever been a member of SYTA or applied for membership? full/associate Yes No

Are you currently **accredited** as a Satyananda Yoga teacher? Yes, level _____ No

Are you currently an **Affiliate** with Satyananda Yoga Academy? Yes No

What **qualifications and training** do you have as a yoga teacher in the Satyananda tradition?

For any course, give the date and duration, who conducted it and where it was held.

What **experience**, if any, do you have as a yoga teacher in the Satyananda tradition?

Along with your membership application, please include a **brief Resumé**, outlining your education and training, employment and experience of yoga.

FULL MEMBERSHIP Nomination declaration

Proposer:

As a nominator of the applicant, write a brief **reference** indicating what knowledge you have of this person as a yoga teacher in the Satyananda tradition:

Have you seen the applicant teach a yoga class? Yes No

I(print), a full member of SYTA, propose the nomination of the applicant who is personally known to me, for membership of the Association. The nominee is a yoga teacher in the Satyananda tradition and abides by the SYTA Code of Practice in their teaching.

Signature Date

Second:

As a nominator of the applicant, write a brief **reference** indicating what knowledge you have of this person as a yoga teacher in the Satyananda tradition:

Have you seen the applicant teach a yoga class? Yes No

I(print), a full member of SYTA, second the nomination of the applicant who is personally known to me, for membership of the Association. The nominee is a yoga teacher in the Satyananda tradition and abides by the SYTA Code of Practice in their teaching.

Signature Date

Applicant declaration

- I am a yoga teacher in the Satyananda tradition, and I have read, understood and agree to abide by the SYTA *Code of Practice*.
- I have read, understood and will abide by the SYTA *Code of Ethics*.
- I have satisfied the requirements of the *Training and Experience Matrix* and I have completed the **ATTACHED Training & Experience Summary**.
- In the event of my admission as a member, I agree to be bound by the rules of the Association and will support the aims and policies of SYTA.
- To cover the joining fee of \$40 and the first year's membership fee of \$60:

I enclose a cheque/money order (payable to SYTA) for **\$100**

or I have paid **\$100** by **EFT**, BSB 062165, A/c 10028700, date _____ ref. _____

As a member of the Satyananda Yoga Teachers' Association Inc, I will follow the Code of Ethics and Code of Practice in my daily life as a yoga teacher. I also invoke the inspiration of my teachers to deepen my understanding of yama and niyama, and to embody them as sincerely as possible in my personal life and my teaching.

Signature Date

Email or post the completed *Training & Experience Summary* and *Application Form*, your payment (or EFT ref), and a copy of all supporting documents to:

SYTA Membership Secretary, email: membership@syta.org.au

or post to PO Box 6748 Charnwood ACT 2615

