



PROSPECTUS

**Holistic Classical Yoga Teacher
and
Yoga Therapist Training Course**

**Advanced Diploma of
Holistic Classical Yoga Practices 52229**



Commencing August 2011

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History of training courses at GYA

This course has previously been presented 3 times before being changed and upgraded to higher level which is more in line with its nature and content.

1. 2004/2005 -Holistic Yoga Teacher Training Course
2. 2006/2007 - Certificate III in Fitness (Nationally accredited)
3. 2007/2009 - Certificate III in Fitness (Nationally accredited)
4. 2010/2012 – Advanced Diploma of Holistic Classical Yoga Practices 52229

Greenwood Yoga Academy has been granted accreditation from the Training Accreditation Council of Western Australia for this training course to be presented as: Advanced Diploma of Holistic Classical Yoga Practices 52229.

- **4th Course - Commencement date:** August 2011
- **Duration of course:** A period of 108 weeks is required for completion of the entire course.
- **Course content:** This course covers all of the 8 limbs of Patanjali's Ashtanga Yoga in 12 Specialisation Units of Competency and includes 12 Units of Competency from the Health Training Package which GYA considers an important requirement for a Yoga Teacher and Yoga Therapist at this level.
- **Independent Units:** You are able to study and be assessed for independent Units of Competency. GYA is keen to encourage people who may wish to study a particular Unit of Competency simply to further their knowledge and understanding of Yoga.
- **Trainers and Assessors:** You will be trained and assessed by exceptionally qualified yoga teachers who have over 20 years of yoga practice and experience, are senior members of Yoga Australia and hold their current Certificate IV in Training and Assessment. All training sessions are conducted in a very professional manner and supplemented with Power Point presentations and a comprehensive resource manual supplied by GYA. Your trainers and assessors are keen to support you with your training.
- **Recognition:** This course has been government accredited and is also recognised by:
 - ✓ Yoga Australia - YA (formerly Yoga Teachers' Association of Australia).
 - ✓ Australian Association of Yoga Therapists Inc



Advanced Diploma of Holistic Classical Yoga Practices 52229

This course is very suitable for anyone who is interested in furthering their studies in Yoga or for becoming a qualified and recognised Yoga Teacher and Yoga Therapist.

Successful completion of this course will provide graduates with:

- a nationally government accredited qualification
- the appropriate skills and knowledge to instruct Holistic Classical Yoga to a variety of levels and groups of students e.g. adults, pregnancy, restorative, teenagers, corporate, beginning and ongoing etc
- the appropriate skills and knowledge to conduct Holistic Classical Yoga Therapy sessions for individuals and specific groups of people.
- the qualifications for membership for Yoga Australia
- the qualifications for membership for Australian Association of Yoga Therapists Inc
- the qualifications to use Greenwood Yoga Academy's Certified Teacher's logo



24 Units of Competency for Advanced Diploma in Holistic Classical Yoga Practices

Unit	Code	Title
Stream Units – All 12 units to be completed		
1	BSBMED301B	Interpret and apply medical terminology appropriately
2	BSBFLM303B	Contribute to effective workplace relationships
3	HLTCOM502B	Develop professional expertise
4	HLTCOM503B	Manage a Practice
5	HLTCOM404B	Communicate effectively with clients
6	HLTCOM406B	Make referrals to other health care professionals when appropriate
7	HLTFA301B	Apply First Aid
8	HLTHIR501A	Maintain an effective health work environment
9	HLTOHS300A	Contribute to OHS processes
10	HLTAP401A	Confirm physical health status
11	HLTAP501A	Analyse health information
12	CHCORG28A	Reflect and improve upon professional practice
Specialisation Units – All 12 unit to be completed		
1	AYS001	Applied Yoga Sutras to Holistic Classical Yoga
2	AHP001	Applied History & Philosophy of Yoga for Holistic Classical Yoga Practices
3	ACA001	Applied Holistic Classical Yoga Asana
4	PDECY001	Plan, Deliver and Evaluate a Holistic Classical Yoga Program
5	AGN001	Applied Concepts of the Gunas and the Nadis
6	AD001	Applied Concepts of the Doshas
7	AC001	Applied Concepts of the Chakras
8	AK001	Applied Concepts of the Koshas
9	APT001	Applied Pranayam, Mudra and Bandha Techniques for Holistic Classical Yoga Practices
10	ART001	Applied Relaxation Techniques for Holistic Classical Yoga Practices
11	AMT001	Applied Meditation Techniques for Holistic Classical Yoga Practices
12	AYTP001	Applied Holistic Classical Yoga Practices for Therapeutic Practices

What sets GYA apart from other Yoga Teacher Training Courses

1. Greenwood Yoga Academy's (GYA) owner and Principal Trainer and Assessor is the only Yoga Teacher in WA and Australia who is formally recognised by the Training Accreditation Council under section 27 of the Vocational Education & Training Act 1996 as a private Registered Training Organisation.
2. GYA's Yoga Teacher Training Course is nationally accredited by the government and is recognised by both Yoga Australia and Australian Association of Yoga Therapists.
3. This course has its foundations the Yoga Sutras of Patanjali.
4. GYA is not affiliated to any one lineage or path of Yoga but has developed its own method for instructing which is strongly influenced by the teachings of great yogis past and present. Tiramalai Krishnamacharya, B.K.S. Iyengar, TKV Desikachar, Pattabhi Jois, Swami Satyananda and Swami Sivananda to name a few.
5. GYA presents an intensive course in discrete units throughout the life span of the 108 weeks of the course. Holiday breaks throughout the course are accommodated for. Total 'contact' hours are **657 hours**.
6. Units of Competency can be studied on a 'stand alone' basis for those wishing to further their knowledge and skills in particular areas of Yoga. For Example: Chakras, Doshas, Gunas, Pranayam, Meditation and Relaxation techniques.
7. GYA provides a professional forum for all students to explore the many paths of Yoga.
8. GYA provides excellent support and mentoring by qualified and experienced Holistic Classical Yoga Teachers who are willing to assist trainees for the duration of the entire course at no extra cost.
9. All the yoga teachers responsible for training and assessing are qualified and experienced yoga teachers. The principal yoga teachers/trainers and assessors gained their qualifications through the International Yoga Teachers' Association Inc. All prime trainers have their updated Certificate IV in Training and Assessing. The principal assessors are Level 2 and Level 3 members of Yoga Australia and the principal trainer and assessor is WA's only recognised Yoga Therapist with Australian Association of Yoga Therapists Inc.

10. This course is structured to accommodate and provide for all learning styles and is based on Adult Learning Principles.
11. GYA provides a quiet, pleasant and supportive environment for the study and practice of Yoga. The venue and parking is easily accessible.
12. GYA provides all the Yoga equipment necessary for practice whilst at the venue for study and practice and also provides equipment to purchase for home practice.
13. The majority of all of the resource notes and handouts supplied to students in this course are copyright to GYA.
14. Students who have successfully completed this course and who have been assessed as being competent in all Units of Competency are immediately eligible to apply to become Members of Yoga Australia and Australian Association of Yoga Therapists.
15. GYA may assist with employment contacts.
16. Students enrolled in this course are more than welcome to practice at GYA at any time and use GYA's comprehensive library for their own resource.
17. GYA draws upon the expertise of technical experts to assist students with the more complex and difficult areas of practical and theory work if required. These people are professionals in their field and are willing to share their expertise equally with all students of the course.

Compliance with Legislation:

This private Registered Training Organisation - Greenwood Yoga Academy, must and does comply with relevant Commonwealth, State or Territory legislation and regulatory requirements that are relevant to its operations and its scope of registration.

Greenwood Yoga Academy ensures that its staff and clients are fully informed of these requirements that affect their duties or participation in Vocational Education and Training.

Mission Statement

Our Values

- Presenting Traditional Classical Yoga as described by the Yoga Sage Patanjali.
- Providing a friendly and safe environment conducive to the learning and practice of Yoga.
- Providing a friendly and professional forum for all students to explore the many paths of Yoga.
- Having a commitment and dedication to the understanding and needs of the different learning styles of every student.
- Having commitment and dedication to the regular practice of the many aspects of yoga as part of daily life.
- Having dedication to ethical, courteous, honest and professional behaviour at all times
- Communicating the positive life-changing effects and benefits of yoga to the general community

Our Vision

- Continue to create a safe, nurturing space to practice and experience yoga.
- Continue to inspire yoga students and teachers to commit to a regular practice of traditional yoga.
- Continue to be recognised as the Centre of Excellence for training Holistic Classical Yoga Teachers and Yoga Therapists in Australia
- Continue to produce a culture of thoroughly competent, knowledgeable and compassionate Holistic Classical Yoga teachers.

Our Plan

- To be recognised as being of excellent service and value to the community

Code of Ethics

Greenwood Yoga Academy's Management, Staff and Trainees always:

- Welcome clients with respect and honourable intention regardless of their race, nationality, religious or political conviction, gender, ability, age, marital or family status.
- Instruct and demonstrate components of yoga to clients with integrity and within the boundaries of their training and skills.
- Are committed to their personal and professional development as both students and teachers of yoga.
- Fully recognise and communicate to all clients that yoga is not a religion or simply physical exercise but a holistic way of life.
- Are careful not to make any inaccurate or misleading statements about the benefits of yoga to clients.
- Accept, respect, and share the different styles and lineages of yoga without criticising paths other than their own.
- Suggest referrals when appropriate and encourage clients to seek assistance from other professionals of their choosing.
- Keep in strict confidence and do not share any personal information about the clients without the clients' permission.
- Conduct all their legal and business affairs ethically and honestly.
- Co-operate in a friendly and loyal manner with all clients, personnel and visitors to GYA.
- Inspire every client to develop a regular yoga practice and to study yoga to suit their individual needs.

Greenwood Yoga Academy's Approach to Yoga Teacher Training

The underpinning knowledge for this course is the Yoga Sage Patanjali's 8 limbs of Yoga (Ashtanga Yoga). The emphasis is on the 'holistic approach' to practicing and teaching Classical Yoga which has been successfully taught at GYA since 1999. This broad based course is designed to enhance the participant's development, observation and awareness of themselves and the requirements for teaching clients. This is achieved by focusing on precision, discipline, positive attitude to movement, practice both at home and in class, study, research and active participation in all training sessions and workshops.

GYA's aim is to provide the participants in this course with safe, precise and informative instructions specific to teaching Yoga in accordance with nationally accreditation standards and competencies and importantly, Patanjali's 8 limbs.

The Advanced Diploma in Holistic Classical Yoga Practices 52229 is a competency based training course that is recognised for employment in the allied health and medical professions as well as in the yoga and general community. Competency standards describing the skills and knowledge are set according to the requirements of Yoga Australia, Australian Association of Yoga Therapists and the Training Accreditation Council of WA and are required for effective performance in a particular employment role. GYA's Competency Based training focuses on identifying what Yoga Teachers and Yoga Therapists are required and expected to perform and achieve in their teaching and therapist's role, and therefore assess the trainees' ability to transfer and apply skills and knowledge to new situations.

The Asana (postures and movements) Unit is of integral significance to the course but is not the prime focus as GYA promotes that all the 8 limbs are equally important. Varied approaches to Asanas from different styles of Yoga are introduced and incorporated. Correct and safe use of equipment is introduced and implemented to assist all participants to achieve the performance of Asanas with comfort and ease. Participants gain an appreciation of the use and repetition of correct and careful instruction. The requirement to safely adjust students in asanas is emphasised and practiced.

While the Asana module is of integral significance, without the appreciation and application of the other modules of this course it would just be "*physical exercise*" and NOT Yoga. With the delivery of each of the other modules building upon the Asana module, a holistic approach to the teaching and practice of Yoga is created.

This course has been structured so that each Unit of Competency is studied independently, allowing for a progressive and manageable assimilation of the participant's experience and knowledge.

Qualification

This qualification covers the **skills and knowledge** essential to be employed as a **Holistic Classical Yoga Teacher and or Holistic Classical Yoga Therapist** prescribing a range of Classical Yoga practices to suit the individual and or a group of people.

Qualifications show that the individual has achieved a particular range of outcomes that relate to relevant workplace requirements expressed as Units of Competency. This involves the acquisition of individual units of competency that includes skills, required knowledge and their application in a work environment.

The Qualifications Framework for Greenwood Yoga Academy's Training Course details combinations of units of competency that are meaningful to an industry/enterprise that includes both workplaces and educational institutions. Each qualification is defined by a set of units of competency that Greenwood Yoga Academy, Yoga Australia and Australian Association of Yoga Therapists Inc have endorsed as appropriate to the level of qualification.

Qualification Level:

Qualification Level	Operational environment/ Level of tasks	Level of knowledge and skill	Information Processing/ Problem solving capabilities	Level of Responsibility/ Accountability/ Autonomy
Diploma/Advanced Diploma	Wide variety of contexts, most of which are complex , non-routine or unknown . Tasks are broad, specialised , complex and technical and, include assisting in strategic areas and initiating activities . Tasks require application of significant judgement in planning and determining the selection of equipment/roles/techniques for self and others.	Demonstrates self-directed application of a broad base of theoretical and technical knowledge, with substantial depth in some areas. Demonstrates self-directed application of a broad range of technical and/or managerial/coordination and planning skills. Transfer and apply theoretical concepts and/or technical or creative skills to a range of situations .	Analyse and evaluate information and current practice to forecast , plan and research. Analyse and plan approaches to technical problems or management requirements. Initiate solutions to technical problems or management requirements.	Responsibility for organising own work schedule and the quality of own broad work outputs. Responsibility for coordinating groups or teams, developing strategic organisational initiatives and planning and evaluating team goals. High level of autonomy for performing complex/technical operations.

Delivery Schedule of all Training Sessions (2011/2013)

Greenwood Yoga Academy (GYA) acknowledges and emphasises that some of the Training Sessions' dates may change due to unforeseen circumstances. If changes to any dates or times of the Training Sessions are to occur, participants will be notified in advance and alternative arrangements.

GYA advocates that it is crucial to have 'hands on' training for skills, understanding and knowledge of the units in this course and therefore provides GYA Certified Yoga teachers as mentors to the students whilst in this training course. The GYA Certified Yoga teachers must have Level 2 or Level 3 membership of Yoga Australia and are currently teaching at GYA or in the community.

Contact Hours

<i>Training for Skills & Knowledge</i>	This is with GYA's Trainers and Assessors at the Training Sessions at GYA is for a period of 4 hours every Saturday during the 108 weeks of this training course.	<i>432 contact hours</i>
<i>Assisting</i>	This is with a GYA certified Yoga teacher and or trainer/mentor in a 90 minute Yoga class every week for a period of 3 x 10 week terms. Assistants are required to be in attendance 15 minutes before and after the class to assist with clients and management.	<i>60 contact hours</i>
<i>Participation</i>	This is in a 90 minute Yoga class taught by a qualified and experienced Yoga teacher who is a GYA certified trainer/mentor for a period of 90 weeks.	<i>165 contact hours</i>
<i>Home Practice/Research</i>	These are hours which are documented, monitored and submitted for assessment	<i>289 hours</i>
<i>Total Hours of 'Hands On' Participation</i>		<i>946 hours</i>

It is common practice for participants to have extra time than stated with their mentor, trainer and assessor throughout the course at times that are mutually agreed upon by both the participant & mentor etc.

Assessments for competency in written assignments and practical sessions are conducted out of these times.

Nominal Hours for Contact & Study

Induction – Not included in course content but necessary		Maximum nominal hours	Contact Hours at GYA
Week	Title		
1	Induction of students – deliver resource material and conduct general practice	0	4
2	Overview of the course – Review the resource material and answer any questions relating to the resource material. Deliver and explain the assessments. Complete learning style questionnaires	0	4
TOTAL HOURS:		0	8

Core Units			Maximum nominal hours for presentation and study	Contact Hours at GYA
Units	Code	Title		
1	BSBMED301B	Interpret and apply medical terminology appropriately	40	4
2	BSBFLM303C	Contribute to effective workplace relationships	30	4
3	HLTCOM502B	Develop Professional Expertise	40	4
4	HLTCOM503B	Manage a practice	30	4
5	HLTCOM404B	Communicate effectively with clients	30	4
6	HLTCOM406B	Make referrals to other health care professionals when appropriate	30	4
7	HLTFA301B	Apply first aid	20	4
8	HLTHIR501A	Maintain an effective health work environment	20	4
9	HLTOHS300A	Contribute to OHS processes	30	4
10	HLTAP401A	Confirm physical health status	50	4
11	HLTAP501A	Analyse health information	50	4
12	CHCORG28A	Reflect and improve upon professional practice	20	4
			370	48
TOTAL NOMINAL HOURS for presentation and study:			370 +48 418	

Nominal Hours for Contact and Study ~ cont.

Specialised Units			Maximum nominal hours for Study	Contact Hours at GYA
Units	Code	Title		
1	AYS001	Applied Yoga Sutras to Holistic Classical Yoga	30	8
2	AHP001	Applied History & Philosophy of Yoga for Holistic Classical Yoga Practices	50	32
3	ACA001	Applied Holistic Classical Yoga Asana	200	40
4	PDECY001	Plan, Deliver and Evaluate a Holistic Classical Yoga Program	30	12
5	AGN001	Applied concepts of the Gunas and the Nadis	50	12
6	AD001	Applied concepts of the Doshas	50	12
7	AC001	Applied concepts of the Chakras	50	28
8	AK001	Applied concepts of the Koshas	30	8
9	APT001	Applied Pranayam, Mudra and Bandha Techniques for Holistic Classical Yoga Practices	50	40
10	ART001	Applied Relaxation Techniques for Holistic Classical Yoga Practices	50	20
11	AMT001	Applied Meditation Techniques for Holistic Classical Yoga Practices	50	40
12	AYTP001	Applied Holistic Classical Yoga Practices for Therapeutic Practices	220	120
			850	372
TOTAL HOURS:			850 +372 = 1222 hours - Yoga +418 - Health =1640 total nominal hours for entire course	

Private Practice and Research Hours

It is crucial for participants to practice the skills' component of this course for further and deeper understanding. Therefore, participants are strongly recommended to practice the specific Applied Asana, Pranayama, Relaxation and Meditation techniques in the participants' **own** time. This practice is required to be documented on the Observation Forms as this practice is regarded as research into the many ways of performing the techniques and can also be used as part of 'clinical' studies for Yoga Therapy.

Each of the completed Observation Forms will be assessed and signed by one of GYA's endorsed Trainers and Assessors each week. The Observation Forms are a necessary Assessment Tool for each module.

GYA stresses that private practice is only an estimation of the **minimum** hours needed for research and practice and GYA also recognises that participants may designate more time to this practice.

Classical Asana Observation Sheets

2½ hours of private practice of 5 specific asanas each week for 90 weeks equals **227** hours

- These Classical Asana Observation Sheets are assessed by the trainer and assessor for participant's knowledge and skill of the asanas. Participants are required to record their personal observations of: how they understand and perform the Classical asanas and the benefits they receive from the practice. Participants are required to deliver their questions about the Classical asana to the trainer for further training if needed.

Pranayama Observation Sheets

2½ hours each week for 10 weeks equals **25** hours.

- These Pranayama Observation Sheets are assessed by the assessor for participant's knowledge and skill of the techniques. Participants are required to record their personal observations of: how they understand and perform the techniques and the benefits they receive from the Pranayama techniques. Participants are required to deliver their questions about the techniques to the trainer for further training if needed.

Relaxation & Meditation Observation Sheets

2 ½ hours each week for 15 weeks equals **37.5** hours.

- These Relaxation & Meditation Observation Sheets are assessed by the assessor for participant's knowledge and skill of the techniques and exercises. Participants record their personal observations of how they understand and perform the relaxation & meditation techniques and exercises and how they benefit from them. Participants are required to deliver their questions about the relaxation and meditation techniques and exercises to the trainer for further training if needed.

Requirements for Successful Qualification

Practical Posture Assessments

- All participants in this course are required to have their skills assessed in their own time (at no extra cost)
- Appointments for assessments are arranged with GYA's Principal Trainer and Assessor during the first Unit.
- Participants are assessed on their *proficiency in performing, describing and instructing the prescribed asanas (at no extra cost)*
- A list of the prescribed asanas is presented to the participant before the course commences.
- All of these assessments are essential to maintain the high standard set for teaching yoga by Greenwood Yoga Academy.

Assignments and Projects

Assignments are set for each unit and participants must complete all written (knowledge and skills) assignments and achieve competency for each unit. Participants have the opportunity to re-submit assignments; re-sit written questionnaires; and be re-assessed in their skills and knowledge of the asanas and other subject matter should they initially be assessed as 'not yet competent'.

A 'competent' assessment is the desired level to ensure the participant's sound understanding of the knowledge and skill required to repeatedly perform all tasks prescribed for the elements of competency for the unit.

Practical Yoga Class

All participants must successfully teach 4 Yoga classes of 90 minutes duration in the presence of 2 Assessors at the Greenwood Yoga Academy. It is expected that participants instructing these classes will abide by all the guidelines of this course and incorporate all the necessary requirements as prescribed by the Assessors and C.E.O. of GYA's training course.

Requisites during the course

All participants are expected to have access to all the books on the prescribed list of 'Recommended Books' for the Advanced Diploma of Holistic Classical Yoga Practices 52229 training course. This list is provided to the participant before the course commences. These books are essential supplements to the training sessions, participants' resource notes and handouts.

It is essential and expected that all participants have basic items of Yoga equipment for use in home practice. This includes:

- ✓ a non-slip yoga mat,
- ✓ belt,
- ✓ blanket,
- ✓ block and
- ✓ bolster

Participants are required to practice with equipment for home practice.

Attendance during the Course

All participants are expected to attend all training and practical sessions throughout the duration of the course at Greenwood Yoga Academy. Regular weekly attendance in a Yoga class of the participant's choice is also required.

- *Attendance in the class of the yoga teacher who signed the participant's Application Form is advised.*
- *Attendance in other Yoga classes where possible to experience the different styles of Yoga is strongly recommended.*

Commencement of Training Sessions

It is imperative that all participants arrive at Greenwood Yoga Academy **at least 15 minutes prior** the commencement of the sessions. The training sessions will commence **1.00pm sharp** and will conclude by **5.00pm**.

Training Sessions

Participants are required to be familiar with the Resource Notes and selected Asanas for each session before the session commences to facilitate their preparation of questions relating to each session and to ensure they contribute more fully during discussion time.

Participant Obligations

1. All participants are required to conduct themselves in an appropriate manner according to GYA's 'Code of Ethics'.
2. All participants are encouraged to communicate in a positive manner, be courteous, non-violent, respectful and thoughtful towards all fellow participants, trainers, Yoga teachers, guest presenters and management.
3. Any question or opinion must be expressed in such a way that it does not cause offence to anyone in the course.

Taking Notes

- As GYA supplies comprehensive notes and handouts it is not expected for participants to take notes at the training and practical sessions.
- During the training sessions there is time for discussions between the trainer and participants during which important information is shared.

Pre requisite Information

All applicants are expected to have a sound knowledge and understanding of the theory and practice of the selected asanas.

As this course is focused on applying Classical Yoga techniques, it is recommended for participants to have some prior practice of the following asanas:

1. Tadasana – mountain pose
 2. Uttanasana – feet 1ft apart forward bend
 3. Vrksasana – tree
 4. Trikonasana – triangle
 5. Pavritta Trikonasana – revolved triangle
 6. Ustrasana – camel
 7. Bhujangasana – cobra
 8. Adho Mukha Svanasana – downward facing dog
 9. Chatuspadasana – plank
 10. Dandasana – stick or rod
 11. Maricyasana 1 – Indian sage
 12. Paschimottanasana – back extension (seated forward bend)
 13. Savasana – corpse
- ❖ If applicants are not familiar with any aspects of the above list they can meet with GYA’s Principal Trainer and Assessor to discuss this.

Recommended knowledge and skills for the Asana Unit

1. Going into, holding and coming out of Asanas
 2. Main Focus in the Asana
 3. Cautions and Benefits of Asanas
 4. Modifications of Asanas
 5. Preparatory and Counter poses
- ❖ If applicants are not familiar with any aspects of the above list they can meet with GYA’s Principal Trainer and Assessor to discuss this.

Asanas to be practiced in the first Training Session

1. Tadasana
2. Adho Mukha Svanasana
3. Setu Bandhasana
4. Dandasana
5. Savasana

GYA considers it import to assure all applicants that **GYA accepts all styles and lineage** approaches to the performance of asanas.

This course is designed and presented as "How to Apply Classical Yoga". Therefore, GYA considers it appropriate to request that participants agree to the following:

Recommended requisites

- Participants to have at least 2 years regular Yoga practice in a class situation with a suitably qualified Yoga Teacher if possible.
- Participants to supply a brief written statement of their own Yoga experience including home practice, class situation and any yoga workshops they have participated in.
- A signed endorsement of the participant's regular attendance to the class of their Yoga teacher of the last two years. If this is not possible, please supply the name and contact details (Yoga business and or phone number) of the Yoga teacher or discuss this with GYA's Principal Trainer and Assessor.
- Participants to demonstrate a willingness to learn and apply the relevant aspects of History and Philosophy of Yoga to yoga practice and teaching. (Particularly Patanjali's Yamas and Niyamas)
- Participants to have a willingness to assist a qualified Yoga Teacher at least once a week on a voluntary basis for at least 3 x 10 week terms when assessed competent to do so. This is a necessary part of the practical skills component.
- Participants to comply with the ethos of the Greenwood Yoga Academy as set in their Code of Ethics.
- Participants to demonstrate their commitment to attend at least one Yoga class a week at a class of the participant's choice either at GYA or elsewhere.

If any of the above pre-requisites are unable to be fulfilled, successful acceptance into the course will be at the discretion of the C.E.O. of GYA.

Terms & Conditions for Application for the Advanced Diploma of Holistic Classical Yoga Practices Training Course

To be eligible for applying as a participant in the Advanced Diploma of Holistic Classical Yoga Practices 52229, the applicants must be familiar with:

1. Requirements for Successful Qualification
2. 'Code of Ethics'

and fulfil all the Pre-Requisites if possible.

These terms and conditions must be adhered to *throughout* the course.

NOTES

Calendar of Training Sessions for 2010/2012

Induction and Overview of Advanced Diploma of Holistic Classical Yoga Practices

Weeks	Topics & Units of Competency
Week 1	Induction of students. Deliver resource material and conduct general practice for assessment. Deliver and explain the assessments.
Week 2	HLTCOM502B - Develop Professional Expertise
Week 3	HLTCOM502B cont. - Develop Professional Expertise

AYS001 ~ Applied Yoga Sutras to Holistic Classical Yoga

Weeks	Units of Competency
Week 4	<i>FS1: Applying the teachings of Patanjali's Sutras and Raja Yoga</i>
Week 5	<i>FS2: Applying the teachings of Patanjali's Eight Limbs</i>

AHP001 ~ Applied History & Philosophy of Yoga for Holistic Classical Yoga Practices

Weeks	Units of Competency
Week 6	<i>FS1: Yoga History & Philosophy Timeline</i>
Week 7	<i>FS2: Vedas and the Upanishads</i>
Week 8	<i>FS3: Bhagavad Gita</i>
Week 9	<i>FS4: Tantra & Hatha Paths of Yoga</i>
Week 10	<i>FS5: Karma, Jnana and Bhakti Paths of Yoga</i>
Week 11	<i>FS6: Satyananda, Kundalini, Mantra, Japa & Yantra styles of Yoga</i>
Week 12	<i>FS7: Mantra, Japa and Yantra</i>
Week 13	<i>FS8: Major events and persons responsible for bringing Yoga to the West</i>

ACA001 ~ Applied Holistic Classical Yoga Asana ~ Practicing and Instructing Purposes

Weeks	Elements of Competency
Week 14	<i>FS1:Part A</i> History & Philosophy of Classical Yoga Asana General Principles of Classical Yoga Asana <i>Part B - Recognise the Relationship between a Classical Yoga Teacher and the yoga student</i>
Week 15	<i>FS2:Part A</i> Cautions and Benefits Counter-Posing <i>Part B General Principles of Sanskrit</i>
Week 16	<i>FS3:Part A</i> <i>Practice of counter posing</i>
Week 17	<i>FS4:Part A</i> Styles and lineages <i>Part B Client's needs and appropriate classical yoga asana practice</i>
Week 18	<i>FS5:Part A</i> General Principles of Yoga Equipment <i>Part B Asana Class Planning</i>
Week 19	FS6: <i>Practice of appropriate use of equipment</i>
Week 20	FS7: General Principles of Adjusting and Alternative Practices
Week 21	FS8: <i>Practice of appropriate adjustments and alternatives</i>
Week 22	FS9: General Principles of Restorative
Week 23	FS10: <i>Practice of GPS of Restorative practices</i>

PEC001 ~ Planning and Evaluating a Holistic Classical Yoga Program

Weeks	Units of Competency
Week 24	FS1: Client's needs.
Week 25	FS2: General Principles of Holistic Classical Yoga Class Planning
Week 26	FS3: General Principles of Evaluating

AGN001 ~ Applied Concepts of the Gunas and the Nadis ~ Yogic Physiology for Holistic Classical Yoga Practices

Weeks	Units of Competency
Week 27	<i>FS1: Western & Eastern views of the Gunas</i>
Week 28	<i>FS2: Incorporating the Gunas within a Classical Yoga Class</i>
Week 29	<i>FS3: The Prana and the Nadis and their incorporation into a Classical Yoga Class</i>

AD001 ~ Applied Concepts of the Doshas ~ Yogic Physiology for Holistic Classical Yoga Practices

Weeks	Units of Competency
Week 30	<i>FS1: Overview of the Doshas and Pitta Dosha and their incorporation into a Classical Yoga Class</i>
Week 31	<i>FS2: Vata Dosha and its incorporation into a Classical Yoga Class</i>
Week 32	<i>FS3: Kapha Dosha and its incorporation into a Classical Yoga Class</i>

AC001 ~ Applied Concepts of the Chakras ~ Yogic Physiology for Holistic Classical Yoga Practices

Weeks	Units of Competency
Week 33	<i>FS1: Overview of the Chakras and Manipura Chakra and their incorporation into a Classical Yoga Class</i>
Week 34	<i>FS2: Swadisthana Chakra and its incorporation into a Classical Yoga Class</i>
Week 35	<i>FS3: Manipura Chakra and its incorporation into a Classical Yoga Class</i>
Week 36	<i>FS4: Anaharta Chakra and its incorporation into a Classical Yoga Class</i>
Week 37	<i>FS5: Vishuddha Chakra and its incorporation into a Classical Yoga Class</i>
Week 38	<i>FS6: Ajna Chakra and its incorporation into a Classical Yoga Class</i>
Week 39	<i>FS7: Sahasrara Chakra and its incorporation into a Classical Yoga Class</i>

AK001 ~ Applied Concepts of the Koshas ~ Yogic Physiology for Holistic Classical Yoga Practices

Weeks	Units of Competency
Week 40	FS1: <i>Overview of the Koshas</i>
Week 41	FS2: <i>Incorporating the Koshas into a Classical Yoga class.</i>

APT001 Applied Pranayama, Mudra and Bandha Techniques for Holistic Classical Yoga Practices

Weeks	Units of Competency
Week 42	FS1: Introduction & Overview – relevance of Pranayama
Week 43	FS2: Use of yoga equipment specific to Pranayama techniques
Week 44	FS3: Researching and defining the anatomy of breathing and personal assessment
Week 45	FS4: Ujjayi technique
Week 46	FS5: Nadi Sodhana and Nostril dominance
Week 47	FS6: Mudras and Bandhas for general and specialised Classical Yoga Classes
Week 48	FS7: Kumbhaka, Viloma & Brahmari techniques
Week 49	FS8: Kapalabhati and Bhastrika techniques
Week 50	FS9: Sitali and Sitakari techniques and Breath Ratios
Week 51	FS10: Assessing the practice of Pranayama techniques

ART001 ~ Applied Relaxation Techniques for Holistic Classical Yoga Practices

Weeks	Units of Competency
Week 52	FS1: Introduction & Overview – relevance of Relaxation
Week 53	FS2: Perspectives on Relaxation techniques
Week 54	FS3: General Principles of Instructing Relaxation Techniques
Week 55	FS4: Design and analyse a Relaxation program for general and specialised classes.
Week 56	FS5: Practice of Relaxation techniques

AMT001 ~ Applied Meditation Techniques for Holistic Classical Yoga Practices

Weeks	Units of Competency
Week 57	FS1: Introduction & Overview – relevance of Meditation
Week 58	FS2: Perspectives on Meditation techniques
Week 59	FS3: Teaching Meditation techniques
Week 60	FS4: Meditation Methods Appropriate to general and specialised Classical Yoga Classes
Week 61	FS5: The Meditations of Sounds and Silence techniques
Week 62	FS6: The Meditations of Forms & Space techniques
Week 63	FS7: The Energetics of Meditation techniques
Week 64	FS 8: Applied Jnana Yoga – Meditation as one's nature
Week 65	FS9: Practice of Meditation Techniques
Week 66	FS10: Practice and assessment of Meditation Techniques

Compulsory ~ Common Units (12)

Organisational Requirements

Weeks	Elements of Competency
Week 67	HLTHIR501A – Maintain an effective health work environment
Week 68	HLTOHS300A – Contribute to OHS processes

Human Resources

Week 69	BSBFLM303B – Contribute to effective workplace relationships a) Defining and analysing the responsibilities of both the Teacher and Student Relationship. b) Principles of Assisting the Yoga teacher and student
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Service Delivery

Week 70	HLTCOM404B – Communicate effectively with clients Analysing and applying Principles of Human Communication to instructing Classical Yoga Practices
Week 71	BSBMED301B – Interpret and apply medical terminology appropriately
Week 72	HLTAP401A – Confirm physical health status HLTAP501A – Analyse health information HLTFA301B – Apply first aid – outsourced from St John's

Professional Practice	
Week 73	CHCORG28A – Reflect and improve upon professional practice
Networking	
Week 74	HLTCOM406B – Make referrals to other health care professionals when appropriate
Legal and Ethical Requirements	
Week 75	HLTCOM503B – Manage a practice
Week 76	HLTCOM503B – Manage a practice
Week 77	HLTCOM503B – Manage a practice
Week 78	HLTCOM503B – Manage a practice

AYTP001 ~ Applied Holistic Classical Yoga Practices for Therapeutic Practices	
Weeks	Units of Competency
Week 79	FS1: Client for Yoga Therapy <ul style="list-style-type: none"> Define the client(s) need for Yoga Therapy Develop and analyse a Posture Evaluation chart to document a client's posture.
Week 80	FS2: Practical identification and practice of posture evaluation
Week 81	FS3: Yoga Therapist and Therapy Define, analyse and communicate the scope of therapy a Yoga Therapist can provide.
Week 82	FS4: Yoga Therapy Program <ul style="list-style-type: none"> specific criteria for a Yoga Therapy program components of the criteria for a Holistic Classical Yoga Class or program Yogic tools and techniques to provide a complete profile of the client recommend timeframes for Yoga Therapy practices prescribe a variety of specified techniques for observing and evaluating the client(s)
Week 83	FS5: Practical identification and practice
Week 84	FS6: Analyse the relationship between nutrition and yoga.
Week 85	FS7: Practical Identification and application
Week 86	FS8: Explain the structure and function and range of movement for the Skeletal System to Holistic Yoga practices.
Week 87	FS9: Practical Identification and application
Week 88	FS10: Practical Identification and practice

Week 89	FS11: Design, analyse and prescribe a Holistic Classical Yoga Therapy for Muscular System associated health conditions
Week 90	FS12: Practical Identification and application
Week 91	FS13: Practical Identification and application
Week 9	FS14: Associated Health Conditions with the Circulatory system Design, analyse and prescribe a Holistic Classical Yoga Therapy for Circulatory system associated health conditions
Week 93	FS15: Practical Identification and application
Week 94	FS16: Associated Health Conditions with the Respiratory system Design, analyse and prescribe a Holistic Classical Yoga Therapy for specified associated health conditions
Week 95	FS17 Practical Identification and application
Week 96	FS18: Associated Health Conditions with the Digestive system that the Holistic Classical Yoga Therapist can prescribe therapy for. Design, analyse and prescribe a Holistic Classical Yoga Therapy for specified associated health conditions
Week 97	FS19: Practical Identification and application
Week 98	FS20: Nervous System in relation to Holistic Yoga Asana, Pranayama and Relaxation & Meditation Practices. Holistic Yoga practices that have an adverse effect on the Nervous system. Design, analyse and prescribe a Holistic Classical Yoga Therapy for Nervous System associated health conditions of Depression and Anxiety.
Week 99	FS21 Practical Identification and application Depression
Week 100	FS22: Practical Identification and practice Anxiety
Week 101	FS23: <ul style="list-style-type: none"> • The relationship of the Endocrine glands to the Chakras and other Holistic Yoga asanas. • Associated Health Conditions with the Endocrine system that the Holistic Classical Yoga Therapist can prescribe therapy for. Holistic Classical Yoga Therapy for Endocrine System associated health conditions
Week 102	FS24: Practical Identification and application

Week 103	FS25: <ul style="list-style-type: none"> • Associated Health Conditions with the Urinary system that the Holistic Classical Yoga Therapist can prescribe therapy for. Associated Health Conditions with the Reproductive system
Week 104	FS26 Practical Identification and application – pregnancy
Week 105	FS27: Practical identification and application – menopause and prostrate
Week 106	FS28: <ul style="list-style-type: none"> • Yoga practice for Cancer patients ~ all stages and palliative. Design, analyse and prescribe a Holistic Classical Yoga Therapy for specified associated health condition
Week 107	FS29: Practical Identification and application
Week 108	FS30: Provide advice on Holistic Classical Yoga Therapy

Payment Schedule if paying for each Unit independently

	Code	Title	Fee	Weeks
1	BSBMED301B	Interpret and apply medical terminology appropriately	\$70.00	1
2	BSBFLM303B	Contribute to effective workplace relationships	\$70.00	1
3	HLTCOM502B	Develop professional expertise	\$70.00	1
4	HLTCOM503B	Manage a Practice	\$70.00	1
5	HLTCOM404B	Communicate effectively with clients	\$70.00	1
6	HLTCOM406B	Make referrals to other health care professionals when appropriate	\$70.00	1
7	HLTFA301B	Apply First Aid	\$70.00	1
8	HLTHIR501A	Maintain an effective health work environment	\$70.00	1
9	HLTOHS300A	Contribute to OHS processes	\$70.00	1
10	HLTAP401A	Confirm physical health status	\$70.00	1
11	HLTAP501A	Analyse health information	\$70.00	1
12	CHCORG28A	Reflect and improve upon professional practice	\$70.00	1
TOTAL of Health related Units			\$850.00	
Specialisation Units – All 12 unit to be completed			Fee	Weeks
1	GYAAYS001	Applied Yoga Sutras to Holistic Classical Yoga	\$250.00	2
2	GYAAHP001	Applied History & Philosophy of Yoga for Holistic Classical Yoga Practices	\$660.00	8
3	GYAACA001	Applied Holistic Classical Yoga Asana	\$850.00	10
4	GYAPDECY001	Plan, Deliver and Evaluate a Holistic Classical Yoga Program	\$500.00	3
5	GYAAGN001	Applied Concepts of the Gunas and the Nadis	\$350.00	3
6	GYAAD001	Applied Concepts of the Doshas	\$350.00	3
7	GYAAC001	Applied Concepts of the Chakras	\$750.00	7
8	GYAAK001	Applied Concepts of the Koshas	\$250.00	2
9	GYAAPT001	Applied Pranayam, Mudra and Bandha Techniques for Holistic Classical Yoga Practices	\$850.00	10
10	GYAART001	Applied Relaxation Techniques for Holistic Classical Yoga Practices	\$550.00	5
11	GYAAMT001	Applied Meditation Techniques for Holistic Classical Yoga Practices	\$850.00	10
13	GYAAYTP001	Applied Holistic Classical Yoga Practices for Therapeutic Practices	\$2500.00	30
TOTAL of Yoga Units			\$8710.00 \$9560.00	

Course Application and Enrolment Form

In accordance with requirements for the Australian Vocational Education and Training Management Information Statistical Standard (AVETMISS) VET Sector, you are required to complete the following questions.

Personal Details

1. Enter your full name:

Family Name (Surname): _____

Given Name: _____

2. Enter your birth date:

Day: _____ Month: _____ Year: _____

3. Gender:

Male: Female:

4. Address of residence:

Street & Number:

Postal Address:

Suburb:

Suburb:

State: Postcode:

State: Postcode:

5. Home Phone:

Mobile:

Language and Cultural Diversity

6. In which country were you born?

Australia: _____ Other: (please specify) _____

7. Do you speak a language other than English at home?

(If more than one language, please indicate the one that is spoken most often)

No, English only. English only – go to Question 9

Yes, other – Please specify

8. How well do you speak English?

Very Well _____ Well _____ Not Well _____ Not at all _____

9. Are you of Aboriginal or Torres Strait Islander origin?

No Yes, Aboriginal Yes, Torres Strait Islander

Disability

10. Do you consider yourself to have a disability, impairment or long term condition?

Yes No **If NO – go to Question 12**

11. If YES, then please indicate the areas of disability, impairment or long term condition: (You may indicate more than one area)

- a) Hearing/Deaf
- b) Physical
- c) Intellectual
- d) Learning
- e) Mental Illness
- f) Acquired Brain Impairment
- g) Vision
- h) Medical Condition
- i) Other

Health

12. Do you have a medical (or other) condition that may prevent you from performing the following?

- | | | |
|-------------------------------|-----|----|
| a) Any Yoga Asana/s: | YES | NO |
| b) Any Pranayama Techniques: | YES | NO |
| c) Any Meditation Techniques: | YES | NO |
| d) Any Communication skills: | YES | NO |
| e) Any Group or Partner work: | YES | NO |
| f) Any Home Practice: | | |

13. If yes to any of above, please state your condition:

14. Please specify any treatment you are having for this condition?

15. Have you had recent surgery? YES NO

16. If you had recent surgery, please specify:

17. Do you have a doctor's clearance to practice Yoga?	YES	NO
Schooling		
18. What is your highest COMPLETED school level? (Tick ONE box only)		
Year 12 or equivalent		
Year 11 or equivalent		
Year 10 or equivalent		
19. In which year did you complete that school level?		
19/ 20/		
Previous Qualifications Achieved		
20. Have you successfully completed any of the following qualifications?		
Yes <input type="checkbox"/> No <input type="checkbox"/>		
If YES, then please tick ANY of applicable boxes.		
Bachelor Degree or Higher Degree	<input type="checkbox"/>	
Advanced Diploma or Associate Degree	<input type="checkbox"/>	
Diploma (or Associate Diploma)	<input type="checkbox"/>	
Certificate IV (or Advanced Certificate/Technician)	<input type="checkbox"/>	
Certificate III (or Trade Certificate)	<input type="checkbox"/>	
Certificate II	<input type="checkbox"/>	
Certificate I	<input type="checkbox"/>	
Employment		
21. Of the following categories, which BEST describes your current employment status? (Tick ONE box only)		
Full-time employee	<input type="checkbox"/>	
Part-time employee	<input type="checkbox"/>	
Self employed	<input type="checkbox"/>	
Unemployed – seeking full-time work	<input type="checkbox"/>	
Unemployed – seeking part-time work	<input type="checkbox"/>	
Not employed – not seeking employment	<input type="checkbox"/>	
Study Reason		
22. Of the following categories, which BEST describes your main reason for undertaking this course? (Please tick ONE box only)		
To gain employment	<input type="checkbox"/>	
To develop my existing business	<input type="checkbox"/>	
To commence my own business	<input type="checkbox"/>	
For personal interest	<input type="checkbox"/>	
For Self Development	<input type="checkbox"/>	
For Self Discipline	<input type="checkbox"/>	

To be completed and signed by applicant's Yoga Teacher		
Yoga Teacher's Name:		
Address: (Business)		
Telephone:	Home:	Business:
Mobile:		
SIGNATURE OF YOGA TEACHER:		

PLEASE READ CAREFULLY: *This is a Legal Document.*

Yoga is safe and beneficial when practiced CONSCIENTIOUSLY and CONSCIOUSLY. Every possible care will be taken by your Yoga Teacher/Trainer for your well-being, but she/he cannot be responsible for improper practice at any time. Your Yoga Teacher/Trainer ***must be informed before class begins of any recent injury, illness, surgery, or commencement of pregnancy.***

NOTICE OF LIMITATION OF LIABILITY

1. Greenwood Yoga Academy is not liable for any personal injuries whatsoever sustained by participants:
 - a) during the Advanced Diploma of Holistic Classical Yoga Practices training course
 - b) during any Yoga Course or Workshop conducted at the GYA.
2. Greenwood Yoga Academy is not liable for loss of any notes or equipment belonging to participants in the training course, yoga classes, seminars or workshops.

FINANCIAL TERMS FOR APPLICATION & ENROLMENT

FEES:

- The full course fee is \$8,000 plus GST which includes all tuition, course notes, training and assessments and mentoring for the duration of the course.
- Application Fee: \$500 is payable upon application and will be fully refunded for any applications not accepted for the Advanced Diploma of Holistic Classical Yoga Practices training course. Under all other circumstances this fee is non refundable.
- Payments for the remainder of the fee can be paid by ***instalments as mutually agreed upon*** by applicant and GYA's C.E.O.

PAYMENTS:

Payment to be paid by direct debit to GYA's bank account:
 Greenwood Yoga Academy
 BSB: 306-104
 Acc No: 0594211

CANCELLATION POLICY

GYA has the following policy in relation to refunds:

- Application Fee is non refundable if a trainee withdraws from the course.
- Cancellation and requests for refunds must be made in writing.
- In the unlikely event of course cancellation by GYA, a refund of fees paid including the Application Fee, will be made to the trainees.
- In the event of the applicant's cancellation from the Advanced Diploma of Holistic Classical Yoga Practices Training Course the following fees will apply:
 - **Application Fee is non refundable**
 - **Fees paid to GYA for course training and resource material – non refundable.**

PARTICIPANT'S OBLIGATIONS

It is necessary for all participants to:

- A. Have the set books on the recommended reading list for this course.
- B. Own Yoga equipment for their home practice. This consists of: Non-slip Yoga mat, belt, blanket, block and bolster.
- C. Attend every training session throughout this course. (Holidays are allowed)
- D. Attend a regular Yoga class of their choice on a weekly basis.
- E. Actively participate in discussion and workshops.
- F. Be assessed on their performance and understanding of Asanas individually in their own time and be assessed as competent.
- G. Submit on time and successfully complete all written assignments for each unit of the course.
- H. Attend and successfully complete all the written exams and practical assessments.
- I. Instruct 4 Yoga classes of 90 minutes duration in the presence of the C.E.O. and another qualified Assessor for this course.
- J. Follow the guidelines and incorporate all the necessary requirements for the 90 minute Yoga classes set out by the Trainers and Assessors for this course.
- K. Conduct them self in an appropriate manner in accordance with the 'Code of Ethics' for the Greenwood Yoga Academy.
- L. Are courteous, non-violent, respectful, thoughtful and communicative in a positive manner with fellow students, tutors, teachers, guest presenters and management.
- M. Are aware that this is an Adult Learning situation where all questions or opinions are to be delivered in such a way as not to cause offence to anyone in this course.

GYA's policy is to be 'flexible and compassionate' therefore, if applicants are unable to meet all the obligations for any reason, please discuss this with GYA's C.E.O.

APPLICANT'S DECLARATION

I, _____ acknowledge that:	
1.	Greenwood Yoga Academy has provided me with this Application Form which includes the 'Terms and Conditions' for qualifying as being competent in the Advanced Diploma of Holistic Classical Yoga Practices (Yoga Teacher/Therapist) Training Course, and that I have been given time to consider the contents and impact of this agreement.
2.	Greenwood Yoga Academy has the right to rely on the disclosures made by me: <ul style="list-style-type: none"> a) in this Application Form; and b) during the term of the course.
3.	Greenwood Yoga Academy has the right to remove or defer me from the Advanced Diploma of Holistic Classical Yoga Practices training course (Yoga Teacher/Therapist) if: <ul style="list-style-type: none"> a) any of the disclosures made by me are misleading; or b) I do not follow the instructions provided by the Yoga Teacher/Trainer or Assessor; or c) I do not complete any assessments or assignments set for the course; or d) I behave in an unacceptable manner with no respect for Yoga Teachers/Trainers, Assessors and fellow participants or students
4.	I understand that if I withdraw from this training course prior to the end of the course, there will be no refund of the Course fees as stated in the Cancellation Policy.
Applicant's Signature:	
Date:	
Accepted by C.E.O.	
Date:	
Processed by C.E.O.	
Date:	

Letter of Endorsement

Dear fellow Yoga Teacher,

Congratulations on inspiring and supporting your Yoga student in their quest to become a Holistic Classical Yoga Teacher.

_____ as applied to enrol in the Greenwood Yoga Academy's Advanced Diploma of Holistic Classical Yoga Practices Training Course (Yoga Teacher Training). GYA would appreciate your co-operation by completing this brief questionnaire; submitting your contact details on the Application Form; and signing the Application Form as a means of supporting your yoga student and assisting GYA in learning more about the applicant's knowledge and understanding of Yoga.

How long have you been their Yoga Teacher?	Months	Years	Decades
What is the regularity of their attendance?	1 x week	2 x week	constant
What style of Yoga do you teach?	Iyengar	Satyananda	Ashtanga (Mysore)
Do you instruct a different style those in question 3?	YES	NO	What style?
What is your Yoga Teaching Qualification?			
Are you a member of a Yoga Teachers' Association?	YES	NO	Other?
What elements of Yoga has this student been exposed to in your class?	Yamas	Niyamas	Asana
	Pranayama	Pratyahara	Dharana
	Dhyana	Yoga Nidra	Different Lineages
What is the attitude of your student towards their practice and study of Yoga?	Enthusiastic	Disciplined	Casual
	Good sense of enquiry	Eager to help	

GYA sincerely thanks you for supporting your student and assisting GYA with this questionnaire.

Namaste.