

Yoga teachers are eligible to register for a YogaNext Advanced Yoga Teacher (YAYT) credential upon demonstrating that they have sufficient training-hours and teaching experience to fulfill the YogaNext requirements. The 750 hours of training required for the YAYT credential can be obtained from multiple training programs and from multiple schools.

1. Contact Information

*Information marked with a * will be displayed in the “Yoga Teacher Directory” on our website. If you do not want any of this information to be published in the directory, check the “Do Not Publish” box for each item you don’t want published.*

		Do Not Publish?
Name *	First: _____ M.I: _____ Last: _____	
Address		
City *		
State *		
Zip/Post Code		
Country *		
Phone		
Email *		
Website *		
Languages		

2. Primary Teaching Style(s) (5 words or less): _____

3. Training information (Schools where you got trained)

School Name	Training Dates	Training Hours	Contact Information for the school
	From: To :		Address: City/State/Zip: Phone: Email :
	From: To :		Address: City/State/Zip: Phone: Email :
	From: To :		Address: City/State/Zip: Phone: Email :
	From: To :		Address: City/State/Zip: Phone: Email :

Note: A School can be a Yoga Studio, University, Community College, Ashram or any other educational institution that offers Yoga Teacher training. If you attended more than 4 schools, please provide their contact information in a separate document.

4. Certificates, Transcripts & Experience Letters

Please attach a copy of your certificates/transcripts and experience letters with this application form. Your combined documentation must show the completion of 750 hours of yoga training specific to YAYT.

5. Documentation of Training

1. Write the names of the schools you attended in the 2nd row of the table shown below. (Boxes shaded in light yellow).
2. Document the number of hours of training you received from each school you attended, for each competency specified below.
3. Please refer to section 12 for some suggestions on the competencies listed below.

Competency	Required hours of Training	School 1	School 2	School 3	School 4
Techniques					
Asanas	135				
Meditation	30				
Pranayama	30				
Mudras	15				
Bandhas	15				
Mantra/Japa	15				
Teaching Methodology					
Instruction & demo - Asanas	30				
Instruction & demo - Meditation	20				
Instruction & demo - Pranayama	20				
Instruction & demo – Mudra & Bandha	15				
Anatomy and Physiology (Western)	50				
Anatomy and Physiology (Yogic)	40				

Competency	Required Hours	School 1	School 2	School 3	School 4
Yoga Philosophy					
Raja Yoga (Yoga Sutras)	40				
Bhakti Yoga	10				
Jnana Yoga	20				
Karma Yoga	10				
Yogic Diet/Ayurveda	30				
Sanskrit	30				
Business Of Yoga	25				
Ethics of teaching Yoga	20				
Practicum					
Supervised teaching - Asanas	45				
Supervised teaching - Meditation	20				
Supervised teaching - Pranayama	20				
Mentorship with a teacher	35				
Electives	30				
Total Hours	750				

Please be aware that our staff will contact the schools mentioned above to verify your training credentials!

6. Documentation of Experience

1. You must have taught yoga for 10 years or more to be eligible for the YAYT credential.
2. Teaching for 35 weeks or more in a year is considered one year of experience.
3. Please note that you must teach at least one class in a week to be counted as one week of experience. Teaching multiple classes at multiple locations in a week is still considered one week of experience.
4. If you taught at more places than can be listed below, please provide that information in a separate document.

Studio/Institution	Teaching Dates	Number of Weeks Taught	Contact Information for the school
	From: To :		Address: City/State/Zip: Phone: Email :
	From: To :		Address: City/State/Zip: Phone: Email :
	From: To :		Address: City/State/Zip: Phone: Email :
	From: To :		Address: City/State/Zip: Phone: Email :
	From: To :		Address: City/State/Zip: Phone: Email :
	From: To :		Address: City/State/Zip: Phone: Email :
	From: To :		Address: City/State/Zip: Phone: Email :
	From: To :		Address: City/State/Zip: Phone: Email :

7. **Continuing Education Requirement:** All YAYTs must fulfill 20 (Twenty) units of continuing education every year (see the PDCs section of our website for more information).

8. **Code of Conduct:** All YAYTs are expected to fulfill, to the best of their ability and judgment, this code of conduct, while teaching yoga or conducting a yoga business:
 - a. Conduct oneself in a professional manner in class.
 - b. Respect the rights and privacy of students; avoid any physical contact or language that may be interpreted as sexual harassment.
 - c. Acknowledge and respect the limitations of students and do not force them to do anything that might hurt them or make them uncomfortable. Take reasonable steps to ensure the safety of all students.
 - d. Practice equality by accommodating diversity of students arising from race and ethnic background, gender, sexual orientation, religion, age and disability.
 - e. Avoid conflicts of interests in your professional and private life, which could reasonably be deemed to impact students negatively.
 - f. Do not teach while under the influence of any substance which impairs your fitness to teach.
 - g. Abide by any local and national laws that govern the practice of teaching yoga or operating a yoga business.
 - h. Uphold the reputation and standing of the profession
 - i. Strive to live by the yogic principles of yamas and niyamas.

9. **YogaNext Registry Mark:** Upon the approval of your application, YogaNext shall grant you for One (1) year, the use of the YAYT registration mark and the initials YAYT after your name. You must be a member in good standing to use this mark. YogaNext retains the right to revoke your right to use the Registry Mark upon determining your failure to uphold the standards set forth in our Code of Conduct.

By signing below, I do hereby affirm the following:

- a. I have read this application form in its entirety.
- b. I have the minimum training-hours required for the YAYT credential.
- c. I agree to meet the conditions mentioned in clause 8 for the use of the Registry Mark.
- d. The information provided in this application is accurate, complete and true to the best of my knowledge.
- e. I understand that knowingly providing false information in this application will result in revocation of my registry privileges. I agree to meet all conditions required by YogaNext in order to maintain these privileges.

Signature: _____

Date: _____

10. Fees

Registration Fees: \$ 50 per year

You may pay this fee on our website or mail a check to YogaNext:

- Website: Visit the "Shop" section of our website (www.yoganext.org) to make the payment.
- Check: Make a check in favor of "Yoga Next" and mail it to the address mentioned below

Mailing Address

Yoga Next
22287 Mulholland Hwy. # 401
Calabasas CA 91302

11. Application Submission

You may submit a completed application by mail, fax or email.

Mailing Address

Yoga Next
22287 Mulholland Hwy. # 401
Calabasas CA 91302

You may fax the completed application to (310) 943-3333, or email a scanned copy of the application to registration@yoganext.org

12. Suggestions for yoga teachers seeking to register with YogaNext

Competency	Suggestions
Asana Techniques	Emphasize on a thorough understanding of a smaller number of commonly practiced asanas instead of covering a large number of asanas superficially. We recommend you to specialize in about 30 asanas.
Meditation Techniques	1) Vipassana, 2) Chakra Meditation, 3) Yoga Nidra, 4) Awareness Meditation 5) Analytical Meditation. Any other meditation techniques are welcome.
Pranayama Techniques	1) Ujjāyī, 2) Viloma/Anuloma, 3) Sheetālī 4) Bhastrikā, 5) Kapālabhāti 6) Bhrāmārī. Any other pranayama techniques are welcome.
Mudra Techniques	1) Gyaan Mudra, 2) Atmānjali Mudra, 3) Shanmukhi Mudra, 4) Ashwini Mudra, 5) Praana Mudra, 6) Vaayu Mudra. 7) Varuna Mudra, 8) Shunya Mudra. Any other Mudra techniques are welcome.
Bandha Techniques	1) Muladhara 2) Jalandara 3) Uddiyana. Any other Bandha techniques are welcome.
Chanting/Japa	Philosophy and techniques of chanting a mantra. Chanting Beeja Mantras: OM, SO HAM, LAM, VAM, YAM, RAM AND HAM. Universal mantras such as Shanti Mantras and Gayatri Mantra. Any other mantras from other spiritual backgrounds are welcome.
Yoga Philosophy	Suggested literature: Yoga Sutras, Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita, Upanishads, Bhagavad Gita, Vedas.
Yogic Anatomy & Physiology	Chakras, Nadis, Kleshas, Pancha Bhutas, Doshas, Dhatus, Gunas
Electives	This may include training hours on subjects mentioned in this application as well as subjects related to the yogic discipline that have not been mentioned above. E.g. Jyotish, Vaastu

Suggested Asanas for the YAYT credential

Types of Asanas	Suggestions
Standing Āsanās	1) Tadāsana (Mountain Pose), 2) Vr̥kshāsana (Tree Pose), 3) Utkatāsana (Chair Pose), 4) Utthita Trikonāsana (Extended Triangle Pose), 5) Vīrabhadrāsana II (Warrior II), 6) Utthita Parsvakonāsana (Extended Stretch of the Flank), 7) Vīrabhadrāsana I (Warrior I), 8) Garudāsana (Eagle Pose) 9) Vīrabhadrāsana III (Warrior III), 10) Parivṛtta Trikonāsana (Revolved Triangle Pose), 11) Parivṛtta Parsvakonāsana (Revolved Extended Flank), 12) Parighāsana (Gateway Pose), 13) Prasārīta Pādottāsana (Feet Spread Wide Apart Pose), 14) Uttanāsana (Intense Stretch Pose), 15) Adho Mukha Svānāsana (Downward Facing Dog Pose) 16) Ardha Chandrāsana (Half Moon Pose), 17) Pādangusthāsana (Hand to Big Toe Pose), 18) Parsvottanāsana (Stretch of the Sides), 19) Gomukhāsana (Cow’s Face Pose)
Seated Āsanās	1) Dandāsana (Staff Pose), 2) Baddha Konāsana (Bound Angle Pose), 3) Upavistha Konāsana (Seated Angle Pose), 4) Svastikāsana (Crossed Legs Pose), 5) Vīrāsana (Hero Pose)
Forward extension	1) Paschimottanāsana (Extension of the Back Pose), 2) Jānu Sīrśāsana (Head of the Knee Pose), 3) Chaturanga Dandāsana (Four Limbed Staff Pose), 4) Upavistha Konāsana – Adho Mukha variation (Downward Facing Seated Angle Pose), 5) Trianga Mukhaikapāda Paschimottanāsana (Three Limb, Face to One Leg, Stretch of the Back Pose)
Lateral extension (Twists)	1) Bharadvajāsana I and II (Sage Bharadvaj Pose) and variations 2) Marichyāsana 1 (Sage Marichi Pose)
Inversions	1) Halāsana (Plough Pose), 2) Sālamba Sarvāṅgāsana (Shoulder-stand) 3) Sālamba Sīrśāsana (Head-stand), 4) Viparīta Karanī
Abdominals	1) Urdhva Prasārīta Pādāsana (Upward Extended Feet Pose), 2) Parīpūrṇa Navāsana (Full Boat Pose), 3) Supta Pādangusthāsana (Reclining Hand to Toe Pose)
Backward extensions	1) Urdhva Mukha Svānāsana (Upward Facing Dog Pose), 2) Salabhāsana (Locust Pose), 3) Ustrāsana (Camel Pose) 4) Dhanurāsana (Bow Pose)
Sun salutations	Variations A, B, C of Surya Namaskar
Restorative (supine)	1) Supta Baddha Konāsana (Reclining Bound Angle Pose), 2) Setubandha Sarvāṅgāsana (Bridge Pose – supported), 3) Śavāsana (Corpse Pose) 4) Supta Vīrāsana (Reclining Hero Pose),
Restorative (supine)	1) Supta Baddha Konāsana (Reclining Bound Angle Pose), 2) Setubandha Sarvāṅgāsana (Bridge Pose – supported), 3) Śavāsana (Corpse Pose) 4) Supta Vīrāsana (Reclining Hero Pose),
Other asanas	1) Bakāsana 2) Vashistāsana