

Yoga teachers are eligible to register for a Yoga-Next Basic Yoga Teacher (YBYT) credential upon demonstrating that they have sufficient training-hours to fulfill the Yoga-Next requirements. The 350 hours of training required for the YBYT credential can be obtained from multiple training programs and from multiple schools. This registration will be valid for a period of 3 years and can be renewed every 3 years thereafter.

**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 If you do not want any of this information to be published in the directory, check the “Do Not Publish” box for each item you don’t want published.*

		Do Not Publish?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

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: xx/xx/xxxx 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**

Please attach a copy of your training certificates or transcripts with this application form. Your combined documentation must show the completion of 350 hours of yoga training specific to YBYT. (See section 5)

**5. Documentation of Training**

1. Write the names of the schools you attended in the 2<sup>nd</sup> 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 11 for some suggestions on the competencies listed below.

Competency	Required hours of Training	School 1	School 2	School 3	School 4
<b>Techniques (120)</b>					
Asanas	75				
Meditation	15				
Pranayama	15				
Mudras	5				
Bandhas	5				
Chanting/Japa	5				
<b>Teaching Methodology (40)</b>					
Instruction & demo - Asanas	15				
Instruction & demo - Meditation	10				
Instruction & demo - Pranayama	10				
Instruction & demo - Mantra & Japa	5				
<b>Anatomy and Physiology (35)</b>	35				
<b>Anatomy and Physiology (10)</b>	10				
<b>Yoga Philosophy (30)</b>					
Raja Yoga (Yoga Sutras)	15				
Bhakti Yoga	5				
Jnana Yoga	5				
Karma Yoga	5				

Competency	Required Hours	School 1	School 2	School 3	School 4
<b>Yogic Diet/Ayurveda (15)</b>	<b>15</b>				
<b>Business Of Yoga (15)</b> These 20 hours of education could include topics such as a) Incorporating a business b) Marketing a business c) Financial Management d) Studio Management software e) Conscious business practices	<b>15</b>				
<b>Ethics of teaching Yoga (10)</b>	<b>10</b>				
<b>Practicum (45)</b>					
Supervised teaching - Asanas	25				
Supervised teaching - Meditation	10				
Supervised teaching - Pranayama	10				
<b>Mentorship with a teacher (20)</b>	<b>20</b>				
<b>Electives (10)</b>	<b>10</b>				
<b>Total Hours</b>	<b>350</b>				

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

6. **Continuing Education Requirement:** All YBYTs must fulfill 60 (Sixty) hours of Professional Development every three years (see the PDCs section of our website for more information).
  
7. **Code of Conduct:** All YBYTs 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.
  
8. **Yoga-Next Registry Mark:** Upon the approval of your application, Yoga-Next shall grant you for three (3) years, the use of the YBYT registration mark and the initials YBYT after your name. You must be a member in good standing to use this mark. Yoga-Next 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 YBYT 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 Yoga-Next in order to maintain these privileges.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**9. Fees**

New Registration Fees: \$ 100 (includes non-refundable processing fee and registry fee for 3 years)

Renewal Fees: \$ 100 /3 years (registry fee for 3 years)

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

- Website: Visit the "Shop" section of our website ([www.yoganext.org](http://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  
PO Box 2290, Frazier Park CA 93225

**10. Application Submission**

You may submit a completed application by mail or email.

**Mailing Address**

Yoga Next  
PO Box 2290, Frazier Park CA 93225

You may email a scanned copy of the application to [registration@yoganext.org](mailto:registration@yoganext.org)

### 11. Suggestions for yoga teachers seeking to register with Yoga-Next

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. Please see page 7 for a list of suggested 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) Bhrāmarī. 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.
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. Chakras, Jyotish, Vaastu

#### Prerequisites for taking a teacher training program

It is not required but we highly recommend that you practice yoga for 3+ years before you embark on a teacher training program.

**Suggested Asanas for the YBYT credential**

<b>Types of Asanas</b>	<b>Suggestions</b>
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 Sīrāsana (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 Sīrāsana (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