

**YAA EQUIVALENCY UPGRADING TRACK
APPLICATION FORM**

Name:	E-mail Address:
Address:	
City/Province:	Postal Code:
Preferred Phone Number:	Alternate Phone Number:

There are many graduating yoga teachers who need insurance and other professional support but don't yet meet YAA Certification requirements. The YAA Equivalency Upgrading Track makes it clear and possible to access these resources until such time as YAA Equivalency Certifications requirements are met. Approved applicants will have access to teachers' liability insurance under the YAA umbrella and have all the privileges of Full YAA Membership including access to the Teacher Directory and Events Listings. **If, after two years the applicant has not completed 10 Hours of training with a YAA Senior Teacher, access to insurance may be revoked.**

Please submit this form and the following documentation to the Coordinator at the above address or email to cert@yoga.ca:

- ☐ **Up-to-date YAA Full Membership must remain current** (\$30/year or \$350 lifetime) – attach cheque or pay [online](#).
- ☐ **A brief summary of your yoga background and experience:** _____

- ☐ **Copy of Certificate from Teacher Training Program. Start Date of Program:** _____
- ☐ **A listing of yoga classes and workshops you attended since your teacher training with YAA Senior Teachers or equivalent** (Yoga Alliance E-RYT500 or provide details of significant training & teaching experience):

Date(s)	Teacher Name, Location & Credentials	Classes or Workshop Attended

By signing below, I hereby affirm that all the information herein and all documents attached to this application are correct, complete, and true to the best of my knowledge. Furthermore, I have read, understood, and accept the stipulations of the YAA Upgrading Track as outlined and I agree to adhere to the YAA Code of Ethics and Guidelines for YAA Certified Teachers (attached).

Signature of Applicant: _____ Date: _____

Your name and contact information may be listed in the YAA Teacher Directory which is published in Yoga Bridge and on the YAA website and you will receive commercial electronic emails from the YAA. Photographs taken at YAA workshops or supplied by you may also be used for publication purposes. All other information is kept confidential. **If you do not want your information published, please inform the YAA office in writing or by email.** Please be advised that any applicant may be subject to an audit of submitted documentation at any time. This information is used to determine eligibility in YAA programs. The YAA does not sell databases to third parties.

YAA MISSION STATEMENT AND CODE OF ETHICS

Mission Statement

The Yoga Association of Alberta (YAA) is a non-profit organization that offers yoga activities to the public for the purpose of providing self-development opportunities. In order to develop yoga on a provincial level, the Association has representation from different regions of the province. This ensures that the Association can address the different needs of members through Alberta. The Association will establish the number of regions deemed appropriate from time to time to meet its goals. Initially, there will be three regions: Northern (Edmonton & north), Central and Southern (Calgary & south).

Code of Ethics

The YAA views its activities as promoting increased public knowledge and availability of yoga. All individuals in the association are encouraged to participate in these activities in an atmosphere of cooperation. The Code of Ethics as adopted at the 1979 annual meeting of the Association is:

- To treat others with dignity, respect and consideration of their circumstances
- To act in such a manner so as to maintain and honour the traditions of yoga
- To study, practice and expand the knowledge of yoga
- To improve the standards of yoga within the community

Guidelines for YAA Certified Teachers based on the above Code of Ethics

- Teachers agree to adhere to the Code of Ethics and these Guidelines with their YAA certification and recertification. Failure to abide by these Guidelines may result in revocation of YAA Certification and membership, in accordance with the YAA Policies on Harassment and Abuse, Conflict of Interest, Dispute Resolution and Appeals.
- Teachers support the YAA in carrying out its Mission, Goals and Role of the Association.
- Teachers adhere to the policies of the YAA.
- Teachers provide accurate information regarding their credentials and training.
- Teachers deepen their knowledge, keep up to date with new developments in yoga and maintain and improve their teaching skills. This is a requirement for both receiving recertification and for maintaining Permanent Certification.
- Teachers adhere to traditional yoga principles as written in the yamas and niyamas and refrain from making any comment, gesture, or contact that is likely to cause offence or humiliation.
- Teachers conduct themselves in a professional and conscientious manner, follow all local and national laws that pertain to their yoga teaching and business, and act with ethical and financial integrity.
- Teachers refrain from making exaggerated claims about the benefits of yoga, acknowledge the limitations of their skills and scope of practice, and where appropriate, refer them to other teachers, suitable practitioners, or to the YAA office.
- Teachers do their best to create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Teachers inform students of their personal yoga philosophy and style, practice tolerance and acceptance of the views of others, and encourage critical thinking and self-inquiry within their students.
- Teachers do not malign other yoga professionals.
- Teachers respect the rights, dignity and privacy of all students, and are respectful, compassionate and truthful with all practitioners of yoga – fellow students and teachers alike.
- Teachers avoid words and actions that constitute sexual harassment or harassment based on other legally protected characteristics.
- Teachers encourage diversity and do not discriminate against students based upon their race, religion, nationality, gender, sexual preference, age or physical ability (except in the interests of providing a yoga class suitable to the student's needs).
- Teachers practice some form of karma yoga (selfless service) based upon their skills.

Guidelines for YAA Members based on the above Code of Ethics

- Members of the YAA should be aware of the Code of Ethics and Guidelines, which will be published annually in the Fall issue of the Yoga Bridge.
- Members of the YAA should adhere to the Code of Ethics on an honour basis.
- Members are aware of and support the Mission, Goals and Role of the YAA.
- Members adhere to the policies of the YAA.
- Members with suggestions or input may convey their ideas in writing to the YAA for consideration by the Executive.
- Members with specific concerns regarding the conduct of a YAA Certified Teacher can convey these specifics in writing to the YAA Executive.
- Members interested in becoming teachers should familiarize themselves with the YAA Teacher Training Syllabus.

Release of IN PERSON Liability Waiver, YAA

In consideration of being allowed to participate in any way in The Yoga Association of Alberta's (YAA) programs, related events and activities, I acknowledge, appreciate, and agree that:

1. I am aware that the risks of injury and illness (for example, COVID-19, etc.) are possible when participating in these programs. Personal discipline, following particular rules and proper equipment may reduce these risks; and,
2. to my knowledge I have not been exposed to any serious infectious disease likely to cause a public health risk to those I am in close contact with, e.g COVID-19, in the past 14 days and am taking reasonable steps to avoid being exposed; and,
3. I agree to comply with the programs' safety policies and procedures and I am aware that the YAA reserves the right to refuse or revoke my registration or participation in these programs at any time for any justifiable reason; and,
4. I believe that I am in reasonable physical condition and I shall inform the instructors of any medical or psychological conditions, injuries, or limitations (including known or suspected pregnancy), both past and present that may affect my ability to participate in the programs; and,
5. I understand, accept and consent to reasonable verbal or physical adjustments as deemed necessary by the instructor. I agree to follow instructions carefully and to immediately stop any activity that causes me any unacceptable discomfort, emotional distress or pain, even if I am instructed to do so by the instructor. I will report this to the instructor immediately; and,
6. I knowingly and freely assume all physical and legal risks, both known and unknown, even if arising from the negligence of The Yoga Association of Alberta, providers, or others, and assume full responsibility for my participation; and
7. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and indemnify The Yoga Association of Alberta, their officers, directors, officials, agents, members, instructors, assistants, and/or employees, staff, other participants, contractors, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, (collectively referred to as "Providers") with respect to any and all injury (physical, emotional or mental), illness and exposure to illness, disability, death or loss or damage to person or property, whether arising from the negligence of the providers or otherwise, to the fullest extent permitted by law; and,
8. I have read this release of liability and fully understand that these program activities have inherent risks involved, and I am fully aware of the nature of these risks, but waive rights, claims, cause of action, etc. as heretofore enumerated, and do hereby assume the risk and sign it freely and voluntarily without any inducement.

Print Name

Signature

Date

(Insert electronic signature or print, sign and return by email)

Release of ONLINE Liability Waiver, YAA

In consideration of being allowed to participate in any way in The Yoga Association of Alberta's (YAA) programs, related events and activities, I acknowledge, appreciate, and agree that:

1. I fully understand that I am participating in unsupervised, guided, ONLINE classes at my own risk. The risks of injury from the activities involved in ONLINE programs are possible, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of injury and illness do exist; and,
2. I believe that I am in reasonable physical condition and I shall inform the instructors of any medical or psychological conditions, injuries, or limitations (including known or suspected pregnancy), both past and present that may affect my ability to participate in the programs; and,
3. I understand, accept and consent to reasonable verbal adjustments as deemed necessary by the instructor. I agree to follow instructions carefully and to immediately stop any activity that causes me any unacceptable discomfort, emotional distress or pain, even if I am instructed to do so by the instructor. I will report this to the instructor immediately; and,
4. I knowingly and freely assume all physical and legal risks, both known and unknown, even if arising from the negligence of The Yoga Association of Alberta, providers, or others, and assume full responsibility for my participation; and
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and indemnify The Yoga Association of Alberta, their officers, directors, officials, agents, members, instructors, assistants, and/or employees, staff, other participants, contractors, sponsoring agencies, sponsors, advertisers, (collectively referred to as "Providers") with respect to any and all injury (physical, emotional or mental), illness, disability, death or loss or damage to person or property, whether arising from the negligence of the providers or otherwise, to the fullest extent permitted by law; and,
6. I have read this release of liability and fully understand that these program activities have inherent risks involved, and I am fully aware of the nature of these risks, but waive rights, claims, cause of action, etc. as heretofore enumerated, and do hereby assume the risk and sign it freely and voluntarily without any inducement.

Print Name

Signature

Date

(Insert electronic signature or print, sign and return by email)