

<b>Title</b>	<b>Teach Yoga as a holistic exercise class</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>12</b>

<b>Purpose</b>	People credited with this unit standard are able to: demonstrate knowledge of Yoga philosophy, practice and health and safety requirements as holistic exercise; and teach a yoga class.
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<b>Classification</b>	Exercise > Fitness Assessment and Exercise Instruction
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 All learning and assessment leading to this unit standard must be carried out in accordance with the following:
  - relevant legislation including Health and Safety at Work Act 2015, Privacy Act 1993, and Human Rights Act 1993;
  - guidelines and codes of practice applicable to this standard include Code of Ethical Practice endorsed by Exercise Association New Zealand, and the New Zealand Pre-Screening Guide, November 2014 available from the New Zealand Register of Exercise Professionals website <http://www.reps.org.nz>;
  - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs) and Normal Operating Procedures (NOPs), and the use of personal protective equipment (PPE).
- 2 This unit standard alone does not meet minimum industry standards to operate as a yoga teacher. This unit standard is intended for use within approved programmes designed to produce graduates with a scope to meet the minimum standard of teaching yoga at a foundational level within in an exercise environment.
- 3 It is strongly recommended that candidates hold a current first aid certificate before beginning this unit standard.
- 4 The candidate must be assessed teaching a yoga class of at least three participants.
- 5 Definitions
 

*Asana* refers to the physical actions, postures/poses or movements of yoga.

*Benefits* refers to balance, self-awareness, breath efficacy, focus, coordination, energy balancing, health and well-being, joint mobility and stabilisation, relaxation, stress reduction.

*Bioenergetics* refers to energy flow and transformation in the human body.

*Class plan* refers to the design of the class format and content.

*Holistic* means whole body systems approach.

*Limitations* refer to common health conditions presented in participants' pre-screening results. Limitations may also refer to wellbeing elements such as physical, mental, emotional or energetic wellbeing states or social health determinants.

*Lineage* refers to the historical tradition/philosophy of yoga, and may include the history of a specific style/methodology of yoga.

*Mudras* refer to the practice of hand gestures influencing bioenergetics.

*Normal Operating Procedures* refer to the operations manual or documented normal operating procedures at a facility.

*Pranayama* refers to the regulation of the breath through yoga techniques and exercises.

*Pre-screen* refers to industry recognised pre-screening methods.

*Props* refer to the use of external supports such as mat, wall, chair, straps, blankets, blocks, tables, cushions, bolsters, eye bags, ropes, weights, hammocks, slings.

*Respect and care* refer to dealing with individuals with consideration and kindness in relation to cultural awareness and individual differences, and incorporating consent with respect to physical contact during a yoga class.

## Outcomes and performance criteria

### Outcome 1

Demonstrate knowledge of Yoga philosophy, practice and health and safety requirements as holistic exercise.

#### Performance criteria

1.1 Describe the underlying philosophy of yoga as holistic exercise.

Range yoga key terms, yogic body, relationship between practice methods, familiarity with key yoga texts, lineage, self-reflection between philosophy and practice.

1.2 Explain basic yoga practice in terms of asana, pranayama and meditation and their benefits and limitations in accordance with the yoga class plan.

Range asana – transitional, standing, seated, inversions, range of eight spinal motions, relaxation;  
 pranayama – conscious breathing and a range of three breath practices;  
 basic use of props to facilitate practice;  
 limitations – cautions, contraindications;  
 may include – meditation methods by lineage that may include but are not limited to chanting, mantras, and mudras.

1.3 Describe health and safety requirements in terms of normal operating procedures in accordance with the yoga class plan.

Range pre-screen for participants.

**Outcome 2**

Teach a yoga class.

**Performance criteria**

- 2.1 Carry out pre-screening checks in accordance with normal operating procedures.
- 2.2 Instruct and demonstrate yoga practice in accordance with the purpose of the class.
- Range instruction may include – yoga vocabulary in accordance with the selected lineage, biomechanics and bioenergetics; demonstration must include – safe prescription and demonstration of asana and movements.
- 2.3 Use yoga teaching methodologies to safely teach a yoga class in accordance with the yoga class plan.
- Range may include but are not limited to – sequencing, timing, adequate space in environment, verbal and physical cueing, class management, adapting to the needs of participants.
- 2.4 Observe participants and respond to both group and individual limitations, to ensure individual safety of each participant.
- Range must include – verbal instruction in relation to posture and alignment, motivational interaction, application of respect and care, basic use of props; may include – tactile cueing with consent.
- 2.5 Demonstrate and communicate safe yoga practice, asana and modifications in response to participant need.
- Range communications may include but are not limited to – asana, somatic awareness, cueing breath, coordination, balance, focus, perception, biomechanical and bioenergetic support, safety of poses, asana; modifications must be appropriate for participant level of experience and physical limitations.
- 2.6 Conduct relaxation and recovery, participant self-reflection and post class interaction in accordance with class plan.

<b>Planned review date</b>	31 December 2025
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	24 September 2020	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

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**Comments on this unit standard**

Please contact the Skills Active Aotearoa Limited [info@skillsactive.org.nz](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.