

Fitness Yoga Specialty Designation

Pre-requisites: Fitness Theory and Group Exercise or Exercise for Older Adults

The Fitness Yoga Specialty Designation will be granted upon completion of an approved yoga teacher training course. This module will provide the knowledge and methods to design and teach basic, effective and safe yoga classes for an apparently healthy population in various environments and venues. Students will receive a pose manual and learn correct physical execution of basic yoga postures, with training and practice in teaching these postures. Participants will learn a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness.

Course Content includes:

- Fitness Yoga Scope of Practice
- Basic Philosophy of yoga
- Styles of Yoga
- Fundamental Yoga Poses
- Sequencing
- Safety
- Clear Communication Techniques
- Meditation Techniques
- Modifications
- Basic yoga anatomy
- Intro to Yoga
- Basic yoga history
- Basic Class Format
- Teaching Techniques and Styles
- Breathing
- Cueing Skills
- Boundaries/Ethics of Yoga Teacher
- Practical Evaluation
- Use of Music

Fitness Yoga Scope of Practice

The SPRA Fitness Yoga Leader is certified to:

- Design, modify and lead a safe and effective beginner group yoga fitness class by providing appropriate exercises in order to meet the needs of participants
- Lead exercise sessions that are based on SPRA performance standards and guidelines
- Incorporate the use of appropriate equipment and specialized training based on identified or implied needs of the participants
- Use Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living, and the PAR-Q
- Lead participants that are apparently healthy
- Attend to CPR and First Aid situations as they occur

Once certified, a SPRA Fitness Yoga Leader is **not** recognized by the SPRA Fitness Division to teach the following classes (additional training must be obtained):

- Bikram Yoga and Inversion Asana
- Shallow or deep water aqua fitness classes
- Older Adult exercise classes
- Specialty classes such as arthritis, cardiac rehab, etc.
- Hi/lo impact aerobics
- Step aerobics
- Muscular conditioning classes
- Cardio kickboxing
- Pilates
- Group cycling classes