



## Why a minimum training of 500hrs over 4 years?

At the heart of the Yoga tradition lies one central truth: **we are all inextricably connected.**

Yoga is a potent and **life transforming practice** and therefore teaching Yoga carries enormous responsibilities. A yoga teacher does not only have to deal with the physical but also with all the multidimensional aspects such as the energetic, psychological, physiological, emotional, mental and spiritual aspects of the student. These teachings need to be received in a safe and sacred environment. The ability to transmit these non-verbal aspects of yoga is the fundamental quality that differentiates a real yoga teacher from other teachers.

The required minimum duration has not fallen out of the sky and is not based on an arbitrary decision by the EUY Education Team. This decision is based on over 20 years of practical experience in the field of yoga education by all member federations of the EUY, which agreed in 1996 that **500 hours over 4 years is a required minimum.**

For the mind and psyche: proper digestion (*agni*) and assimilation (*ahara*), from information to knowledge and insight is a slow process, it takes time and practice. Too much information in too short a period of time only causes mental and intellectual indigestion and information overload - a typical disease of our current “information society”. The required attitude, knowledge and skills to teach yoga should be administered in the proper measure, in the proper sequence, over a proper minimum time.

In fact 4 years is only the start of **a lifelong quest, *sādhana***, to deepen and broaden lifelong understanding and wisdom.

During yoga education the transfer of experiential learning takes place in addition to the rational, academic aspects so that the essential elements of Yoga are conveyed and **teachers may inspire and guide students on a profound journey of self-discovery.**



THE BRITISH WHEEL OF  
YOGA



YOGA AUSTRIA - BYO

BERUFSVERBAND DER YOGALEHRENDEN IN ÖSTERREICH  
Mitglied der Europäischen Yoga-Union (EYU)



FÉDÉRATION  
NATIONALE  
DES ENSEIGNANTS  
DE YOGA



FIDHY  
FÉDÉRATION  
INTERNATIONALE  
DE HATHA-YOGA



BDY.

