

To Standardise or not to Standardise?

PRESENTED BY YOGA TEACHERS TOGETHER CIC



<https://www.yogateacherstogether.org/>

Issues



- Prescribing yoga would require standardisation
- Standardisation is problematic:
- What is included?
- What is not included?
- Who decides?
- Who gains?

What is included?

- Diversity of yoga means there can be no agreement about a standard approach and what to include



What is not included?

- Reaching agreement might involve jettisoning many aspects of yoga in order to determine a basic list of agreed practices
- Diversity and choice would be lost
- Meditation, mantra, spiritual aspects are likely to be left out
- Yoga is not medical or simply physical



Who decides?



- If government
 - > no yoga knowledge and no authority
- If international organisation
 - > no yoga background and no authority
- If a yoga organisation (including Governing Body)
 - > 'authority' not accepted by all
 - > cannot impose its views and may not want to

Who gains?



Training providers?



**Expensive additional
training required?**

Outside UK

Germany: Problems



Course must be 'hatha yoga'



Lots of restrictions



Bureaucratic



Programmes are approved by the
Zentrale Prüfstelle Prävention
(Central Testing Centre for
Prevention) and not by a yoga
organisation

Widespread Opposition

- For these reasons previous attempts to standardise in UK were fiercely opposed (National Occupational Standards)
- Current India-backed UN proposals opposed by European yoga organisations, including European Union of Yoga



Alternatives

- **Ensure high-quality Teacher Training courses**
- **In training and teaching, foreground yoga principles, independence and diversity**
- **Offer practitioners choice and freedom to discover the practices and teaching methods that work for them, rather than a prescriptive approach**

Conclusion



- **Diversity is positive and should be celebrated not eliminated**
- **No over-arching authority that has requisite knowledge can be imposed**
- **Students and teachers all lose if choice is lost**



CONRAD FREESE - VICE CHAIR



DEBBIE FARRAR - CHAIR



FELICITY PRYKE - TREASURER



JOY CHARNLEY - ADMIN OFFICER



JAMES RUSSELL - WEBSITE



KAY BIRKETT- SECRETARY