



## Acharya Program Requirements Teaching Eight Limbs Of Yoga

Please see below the requirements for teaching the eight limbs of yoga, please note these may be subject to change.

- You must be practising all the eight limbs to teach them
- You must be willing to teach all eight limbs and cannot teach only some of the limbs
- To teach the eight limbs of yoga, you must work with students in the HHS. Please note, these hours cannot be from working with existing buddies or fellow AP students
- At least 50 hours teaching all the eight limbs one on one with students in the HHS only with a minimum of four hours per limb of yoga
- **The teaching logs should be completed with as much detail as possible, to include what went well, what was challenging, for both yourself and the mentee. These notes should be made as soon as the session has finished to provide Helen with a comprehensive overview of the session.**
- Once completed a minimum of two hours per limb one on one with HHS students with me observing the session
- Once completed a typed report will be submitted on each of these two hours and how it went and how you would do it differently if needed
- After this, we will hold a session where you teach me the limbs of yoga and you discuss with me how the 8 limbs are changing your life
- There will be many sessions in the HHS in the New Year completing eight limbs of yoga teachings which will lead to more students wanting to be mentored by you . For now perhaps use this time to make sure that you are practising the eight limbs yourself.
- No sangha requirements for teaching the 8 limbs but it is highly advised that you join and regularly contribute in the Eight Limbs Of Yoga group in the HHS WhatsApp community