



SATYANANDA YOGA®

Procedure Guide for Recognition of Prior Learning (RPL)

The Yoga Academy of North America is committed wherever possible to formally recognize and value the knowledge and skills trainees have gained through study, work or life experience. Such recognition, amongst other things, enables trainees to expedite the process of gaining internationally recognized qualifications in the **SATYANANDA YOGA®** Academy structure and avoids the repetition of study where competent skills and knowledge have already been gained.

All trainees who intend to study in any of the Yogic Studies and/or Teacher Training courses may apply for RPL. YANA does not discriminate on the basis of race, color, national or ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

Students who qualify for RPL may:

- be excused from the first 4 days or first week of on-site classes for YS1
- be excused from some of the home study for a course
- receive full credit for part of a course
- receive credit for others aspects of a course on a case-by-case basis.

General Approach to the Granting of Credit

The Yoga Academy of North America assesses the merits of each application for credit on a case-by-case basis. It does so to ensure that credit for a trainee's previous training is compatible with the structure of the training program to which the trainee seeks admittance, and the advanced standing gained through the granting of credit is at a level appropriate to the trainee's background.

This assessment process helps to ensure that students are adequately prepared for the demanding coursework and are able to successfully complete the course from the place of admittance.

The successful RPL candidate will generally have:

- significant experience and/or training in **SATYANANDA YOGA®** including knowledge and experience of the Pawanmuktasana series, 8-stage Satyananda Yoga Nidra®, Kaya Sthairyam, Antar Mouna, and principles of care;
- familiarity with the basic concepts of Yogic Physiology such as the chakras, nadis, prana, pancha vayus, and pancha koshas;
- background in Yoga Psychology, including antar karana; drashta; jagriti, swapna, nidra and turiya;
- experience with karma yoga;
- documented training in theoretical and applied Anatomy & Physiology, such as a degree in physical therapy, radiologic technology, etc.; and
- substantial experience with a home practice and/or regular participation in Satyananda style classes.

Pathways to Gaining Recognition of Prior Learning

There are 4 pathways through which an applicant may apply for RPL. Applicants should determine which pathway is applicable to their situation and follow the corresponding procedure outlined in this guide to provide evidence of their qualifications.

1. Articulation

Articulation is the predetermined formal transition across courses of study agreed to by educational institutions from one institution to another. Currently the Yoga Academy of North America holds mutual recognition of courses with the Bihar Yoga Bharati, SYA Australasia, SYA Europe and SYA South America. Copies of your certificate of completion and units of competency for each course should be included in your application. The course(s) must have been completed within the last four years to be considered for Articulation. Please note that some bridging work may be required. If you have a certificate of completion from one of these entities please contact us to determine the YANA course equivalent of your certificate.

2. Recognition of Formal Coursework (RFC):

Recognition of Formal Coursework (RFC) refers specifically to formally assessed training acquired in another educational institution where the qualification attained is considered by the Yoga Academy of North America to be of at least equivalent status to the part of course for which credit is sought. A comparable course would need to comprehensively address the content for each area where credit recognition is sought. Coursework completed more than 4 years ago will not be considered unless the applicant demonstrates maintenance of the learned content of the course.

It is unlikely that recognition of credit will be granted in response to applications which are based solely on credentials from an educational institution (i.e. copy of transcript or diploma). Details of course or degree content should be included (i.e. syllabus, detailed descriptions of learning outcomes and how this learning has been maintained).

3. Recognition of Current Competency (RCC):

RCC is the process of substantiating whether an applicant's non-formal learning (i.e. experience gained through work or life) is comparable with the knowledge and skills in the part of a course for which recognition/credit is sought.

Recognition of this nature is established through the evaluation of supporting evidence and an interview. The quality of supporting material is considered more important than quantity.

It is extremely rare for the Yoga Academy of North America to grant RPL for an entire course through RCC. It is also unlikely that competency acquired in this context would lead to the recognition (RCC) without Demonstration of Current Competency (DCC) (see below).

4. Demonstration of Current Competency (DCC)

DCC is the most typical way that an RPL applicant substantiates that his/her formal and non-formal learning (i.e. experience gained through work or life) meets the skill levels required to receive credit for the part of a course for which recognition is sought. DCC may be assessed through completion of the home study submissions for the relevant part of a course and/or practical and theoretical assessments for any part of a course for which competency is being sought.

There are primarily 2 ways in which a student may qualify for advanced placement in a course through Demonstration of Current Competency (DCC). Pre-approval through the RPL application process is necessary to determine if the student has sufficient experience to proceed by DCC through one of the following options.

1) Distant Learning for first 4 days of YS1 - Receive and review through distant learning the relevant materials for the first 4 days of YS1. Teacher support is not provided during distant learning. *Students who are approved for RCC by distant learning for the first 4 days of the YS1 intensive must enroll in days 5-8 of YS1 by completing the enrolment application and checking the RPL box next to YS Level 1 One Week. The cost for DCC enrolment in days 5-8 of Week 1 is \$500. Students will generally be required to complete all the home study requirements for Week 1 of the course. Students may enroll in YS1 week 2 directly or at a later date per the student handbook guidelines. If students wish to enroll directly in Week 2 they should also check the new box next to the YS Level 1 One Week option on the enrolment application.*

2) Distant Learning for first week of YS1 – Receive and review through distant learning the YS1 Week 1 course materials. Teacher support is not provided during distant learning. *Students who are approved for RCC by distant learning for the YS1 Week 1 Intensive must enroll in YS1 week 2 by completing the enrolment application and checking the RPL AND New box next to YS Level 1 One Week prior to receiving course materials for Week 1. The cost for DCC enrolment in the home study for Week 1 is \$500. If a student does not immediately enroll in the next offered week 2 they must resubmit an RPL application for reconsideration.*

3) Other parts of a course for which students would like to apply for DCC will be assessed on a case-by-case basis.

Procedure for Application

Articulation:

Stage 1: Applicants should complete and return the application form for RPL with a copy of the relevant qualification certificate(s) and payment of the processing fee.

Stage 2: The Education Director will consider the application and provide a written response notifying the applicant of the outcome within 4 weeks of application being received.

Recognition of Formal Coursework:

Stage 1: Applicants should complete and return the application form for RPL with all the relevant documents and payment of the processing fee.

Documentary evidence of formal learning should include copies of:

- Certificate(s) of completion [i.e. assessment certificate(s), diploma(s), course completion certificate(s), course transcript(s)]
- Course title, institution, dates of enrollment
- A detailed list of the course contents/learning outcomes (syllabi if available)
- Supporting narrative of relevance of the course or activity to the part of course for which credit is sought.

Stage 2: The Education Director will then establish a mutually convenient time with the applicant to discuss the submitted credentials or request additional information, as needed.

Stage 3: The Education Director will send a written response to the applicant of the outcome within 2 weeks from the follow-up discussion or receipt of follow-up materials, or 4 weeks from the original application if a follow-up meeting is not needed.

Recognition of Current Competency:

Stage 1: Applicants should complete and return the application form for RPL with all the relevant documents and payment of the processing fee.

Documentary evidence relevant to the part of the course for which recognition of learning is sought should include:

- Copies of certificate(s) of completion [i.e. assessment certificate(s), diploma(s), course completion certificate(s), course transcript(s), or any assessment undertaken]
- Course title, presenting institution, presenter's name, dates of enrollment
- A detailed list of the course contents/learning outcomes (syllabi if available)
- Supporting narrative of relevance of the course or activity
- Narrative on how the course content has been applied in the applicant's working environment
- Details about ashram stays (i.e. duration and location of stay, activities undertaken, karma yoga role, etc.)
- Details that exemplify how learning has been kept up-to-date with developments in knowledge and practice. Emphasis should be given to the most recent teachings and current literature from Bihar School of Yoga, such as current editions of the relevant textbooks for the part of course for which recognition of learning is sought.
- Narrative of how your years of teaching yoga (if applicable) equate with teaching in the Satyananda tradition. Include what qualities/activities in your teaching address the competencies/areas for which credit is being sought. Teachers may request a record of competency form from YANA to compare their skills against those which are assessed by YANA in its teacher training.
- Home practice details including experience with shatkarmas and the schedule of practices for the part of course for which credit is sought.
- Other evidence that student deems applicable to demonstrate that knowledge has been maintained.

Stage 2: The Education Director will consider the application and send a written response of the outcome to the applicant within 4 weeks of the application being received.

Stage 3: If necessary, the Education Director will set up a mutually convenient time for an interview and/or oral assessment of the submitted credentials.

Stage 4: The Education Director will send a written response of the outcome to the applicant within 2 weeks from the interview/oral assessment meeting date.

Demonstration of Current Competency

Stage 1: Applicants should complete and return the application form for RPL with all the relevant documents and payment of the processing fee.

Stage 2: The Education Director will consider the application and send a written response to the applicant of the outcome within 4 weeks of application being received, including any fee for subsequent DCC.

Stage 3: Successful applicants are then required to send payment for participation in the DCC process, along with an application and deposit for the next course or part of course in which they will enroll, if applicable.

Stage 4: Upon receipt of application and payment, relevant course materials and submission guidelines will be sent to the applicant.

Further Information for all RPL applicants:

- **Student who receives credit through RPL for a part of a course will still be required to pass any in-person practical exams and COMPREHENSIVE assessments associated with the end of a course.**
- Recognition of Prior Learning (RPL) granted through this application will only be valid for a period of one year, unless a shorter time is otherwise indicated. If an applicant has not commenced the relevant course during this period, a new RPL application will become necessary. Approval of RPL application re-submissions is not guaranteed.
- Early enrollment and foreign country discounts do not apply to RPL or DCC.