

# THE SOCIETY OF YOGA PRACTITIONERS (TSYP) CONSTITUTION

November 2013 – Revised November 2016

The Society of Yoga Practitioners (TSYP) is a non-profit network of Yoga Teachers, Yoga Teacher Trainers, Yoga Therapists and non-teaching members who support the TSYP.

Its main purpose is to deliver yoga training and continuing professional development, to provide a support system for its members, to link with outside professional bodies, to promote the teachings of the tradition and to promote the activities of the organisation.

The Society of Yoga Practitioners shall have an executive committee, made up of volunteers from the group's membership, to ensure aims and objectives are met and to steer the future growth of the organisation.

TSYP and its executive committee are not as yet incorporated as legal entities. Members of the executive committee and other officers who may be appointed from time to time shall have no personal liability for the affairs of TSYP or its conduct.

## 1. DEFINITIONS:

- a) All previously accredited KHYF Yoga Teachers, KHYF Yoga Teacher Trainers and KHYF Yoga Therapists shall be considered to have equivalent status in TSYP, should they choose to subscribe to the membership requirements.
- b) The executive committee shall comprise certified TSYP Yoga Teachers, TSYP Yoga Teacher Trainers and/or TSYP Yoga Therapists. Exceptions may be made for parties from other grades of membership or from outside the organisation who possess specific required skills and may be asked to join on an *ad hoc* basis.
- c) An "Officer" shall be deemed as anyone formally appointed by the executives of TSYP with the exception of the Chair who, from 2015, shall be elected to serve for a two-year period by TSYP teaching members at the AGM.
- d) Continuing Professional Development (CPD) is run for the professional development of the network of TSYP teaching members.

## 2. AIMS OF THE SOCIETY OF YOGA PRACTITIONERS

- a. To steer and facilitate yoga training in the tradition of Professor T. Krishnamacharya and Sri T.K.V. Desikachar.
- b. To develop and promote a community for those practising yoga within this tradition as listed in Appendix C.
- c. To promote TSYP yoga teaching and yoga therapy to the public, the medical profession including the National Health Service (NHS), government, other national bodies and other complementary therapy organisations, as well as the yoga community.
- d. To facilitate professional support to TSYP Yoga Teachers, Teacher Trainers and Yoga Therapists.
- e. To maintain teacher training and teacher CPD standards in conjunction with UK yoga

teaching and UK yoga therapy governing bodies, regulatory bodies and professional forums.

- f. To raise awareness of this tradition and its unique strengths in the UK, within the yoga community and publicly
- g. To encourage and facilitate research into yoga and yoga therapy.
- h. To establish and maintain links with reputable teachers within this tradition around the world.

More detailed illustrations of the activities to be undertaken are shown in Appendix A. An overview of accreditation, registration and codes of conduct are shown in Appendix B.

### 3. THE EXECUTIVE COMMITTEE OF THE SOCIETY OF YOGA PRACTITIONERS

Meeting the aims of The Society of Yoga Practitioners shall be managed by an executive committee which until 2015 will be made up of TSYP Yoga Teachers who have taught within this tradition for at least 10 years. After 2015, executive committee members may be recruited from the TSYP teaching membership who have appropriate skills and experience and are willing to serve.

It shall have two official executive positions; Chair and Treasurer.

The Chair shall be elected by members at the AGM and other positions shall be agreed between the chair and other committee members.

Other positions shall include:

- Finance (as above)
- Secretarial
- Membership Admin
- Education
- Marketing, Communications and Publicity
- Representation on external organisations, e.g. BWY, CNHC, BCYT
- Verification to CNHC
- Website management

Further functions may be identified by the executive committee. Other participants, who shall be TSYP teachers, may be asked to attend meetings or to contribute on an *ad hoc* basis from time to time. In addition advisors may be asked to contribute on specific aspects e.g. accounting, legal aspects, marketing and links with the National Health Service.

The executive committee shall meet regularly to communicate on aspects of the operation and activities of the group and to seek agreement on current issues. *Ad hoc* meetings to further the aims and objectives and to meet TSYP obligations may be set up from time to time.

- Committee members must attend a minimum of 2 meetings per year (other than the AGM) in person or by Skype / Face Time.

**Criteria for removal of a committee member:**

- Failure to attend the specified minimum number of meetings (as Above).
- Failure to renew TSYP membership.
- Unanimous vote of no confidence **from the remaining committee members.**

Meetings will be chaired by the Executive Chair.

The voting quorum for executive committee meetings will be a minimum of 60% of the committee.

### 4. GOVERNANCE

An annual general meeting (AGM) of the members of TSYP will take place:

- To review and develop strategy
- To review past and planned actions
- To receive input from officers
- To review finance
- To plan operations and actions for the forthcoming year
- To confirm ways in which a resume of the review and future plans shall be communicated to the members

From 2015 onward, a new chair shall be elected by TSYP teaching members every 2 years.

A minimum notice period of 30 days will be given for the AGM. The AGM is to be documented and the minutes distributed to the TSYP executive committee as soon as possible for their information. The minutes shall be distributed to the attending membership at least one week prior to the following AGM and will be formally approved at this meeting.

An extraordinary general meeting (EGM) may be requested by any member of the executive committee as required. Once approved by the executive committee, a date shall be set with a minimum notice period of 30 days. Individual members may lobby one or more executive committee members to put forward a topic for an EGM.

The voting quorum for an AGM or EGM shall constitute at least 30% of TSYP teaching members.

The executive committee shall make arrangements for electronic or postal voting for anyone who notifies the committee in advance that they will be unable to attend in person.

## **5. FINANCE and FUNDING**

### **Funding**

All members will be asked to pay a subscription (as specified in Appendix C) to help fulfil the aims and objectives of the organisation.

Fund-raising events may be undertaken in the UK in agreement with the executive committee.

### **Financial records**

The executive committee shall keep full accounts for all monies received and expended; together with appropriate receipts and reasons for the expenditure. These accounts shall be available for external audit should the need arise.

## **6. DURATION, AMENDMENTS AND TERMINATION**

This constitution shall be in force for an initial period of 5 years. Changes may be initiated from time to time, and any amendments or modifications shall be tabled at an AGM or EGM for agreement by majority vote on show of hands.

## **Appendix A**

### **Illustrations of the activities to be undertaken by TSYP**

#### **A. To steer education and training in the tradition of Professor T. Krishnamacharya and T.K.V. Desikachar in the UK.**

##### **A.1 TSYP Teacher Training courses:**

- A.1.1 To co-ordinate the running of Teacher Training courses for suitable yoga students and suitably qualified yoga teachers wishing to become TSYP Yoga Teachers
- A.1.2 To co-ordinate the running of introductory workshops prior to Teacher Training

##### **A.2 Continuing Professional Development (CPD)**

- A.2.1 To run CPD events for the benefit of TSYP teachers
- A.2.2 To encourage TSYP Teacher Trainers to run local CPD events
- A.2.3 To encourage TSYP Teachers, Teacher-Trainers and Yoga Therapists to attend sufficient training to meet their mandatory CPD requirements
- A.2.4 To encourage TSYP Teachers to continue the development of their personal yoga practice through consultation with a TSYP mentor

#### **B. Sanga and participation events for all those practising in this tradition**

- B.1 To encourage the setting up of a local sanga for TSYP yoga teachers in as many areas of the UK as possible
- B.2 To encourage local yoga events and other workshops to give practitioners a range of activities to attend
- B.3 To hold national events as appropriate for the benefit of those practising and teaching in this tradition

#### **C. General and other specific events**

- C.1 To be able to introduce this tradition to, and hold events for the general public, the yoga community and healthcare professionals.
- C.2 To be able to hold specialist events for specific audiences, e.g. In-Service Training days for BWY teachers or BCYT members

#### **D. Marketing**

- D.1 To set up a common approach to advertising so that TSYP becomes easily recognisable and portrays a professional image.
- D.2 To be able to develop a training prospectus and similar documents intended to be given to the public, medical profession and other complementary therapy organisations, which explain the benefits of the TSYP approach.
- D.3 To develop marketing guidance to help individuals promote their TSYP yoga classes and other events.
- D.4 To run a website for the benefit of TSYP members and the general public who wish to learn about this tradition.

## **Appendix B**

### **Overview of accreditation, registration and codes of conduct**

#### **1. ACCREDITATION OF TRAINING**

TSYP plans to be able to award TSYP Yoga Teacher, Teacher Trainer and Yoga Therapist status and certificates.

Currently, the KHYF yoga teacher qualification awarded in the UK constitutes eligibility to join TSYP as a Yoga Teacher. Current KHYF Teacher Trainers are eligible to join as Teacher Trainers and KHYF qualified Yoga Therapists are eligible to join as TSYP Yoga Therapists.

TSYP Teacher Trainers are able to train students to become TSYP Teachers following appropriate registration of the training course with TSYP and, as appropriate, with other yoga organisations..

BWY has given verbal agreement it will continue to accredit teacher training courses run by TSYP, which lead to the KHYF Yoga Teacher qualification. Written agreement is being sought. As TSYP develops its own Teacher Training courses, accreditation by the BWY will be sought.

TSYP may directly verify TSYP members for registration with the Complementary Natural Healthcare Council (CNHC) once they have been confirmed as holding a KHYF Yoga Teacher qualification, including the Healing Module, valid insurance and valid first aid certification.

The British Council for Yoga Therapy (BCYT) currently recognises the KHYF Yoga Teacher qualification as meeting the BCYT core curriculum and National Occupational Standards for Yoga Therapy. It is on this basis that KHYF Yoga Teachers may join the CNHC. The BCYT is currently accrediting all 'recognised' training and TSYP has applied for the accreditation process for the existing training.

As TSYP develops its Yoga Teacher and Yoga Therapy Training, further accreditation from the BCYT shall be sought and the CNHC kept informed.

The ability to hold TSYP Yoga Teacher, TSYP Yoga Teacher Trainer and/or TSYP Yoga Therapist status is dependent on being able to show evidence of completion of Continuing Professional Development, as specified in Appendix D.

#### **2. REGISTERS:**

**TSYP YOGA TEACHERS**

**TSYP YOGATEACHER-TRAINERS**

**TSYP YOGA THERAPISTS**

Members in the above categories shall be listed on the TSYP website.

#### **3. VERIFICATION OF UK YOGA TEACHER/THERAPISTS FOR THE CNHC REGISTER**

At present, TSYP yoga teachers who have completed the KHYF Yoga Teacher qualification (including the healing module and a minimum of 4 case studies), live and work in the UK, hold valid

insurance and First Aid certification, may apply to be on the Complementary and Natural Healthcare Council (CNHC) register.

TSYP has an arrangement with the Complementary and Natural Healthcare Council (CNHC) to be able to directly verify its members who meet these requirements, thus avoiding a lengthy portfolio application. Verified members will be automatically sent, by the CNHC, an invitation to join the CNHC register as a Yoga Therapist.

Members wishing to join should apply via TSYP's CNHC verification officer who will assess the validity of their application before forwarding it to the CNHC.

Members who do not have the above qualification may be able to show, through their continued professional development that they meet the CNHC requirements and apply through the CNHC's portfolio route.

An appropriate audit trail for all verification shall be set up and implemented by the CNHC verification officer.

#### **4. CODES OF CONDUCT**

Until a TSYP code of conduct is available, all TSYP teaching members must comply with current BWY codes of conduct, whether or not they are current members of the BWY.

**These codes of conduct include that which applies to teaching yoga to children.**

In addition, those members on the CNHC register will be bound by the CNHC Code of Conduct, Performance and Ethics for Registrants.

4.1 Complaints against any TSYP Yoga Teacher, Teacher Trainer or Yoga Therapist that cannot be resolved by the executive committee and the complainant, will be dealt with under the complaints procedures of either **the BWY or the CNHC**, as appropriate.

4.2 Complaints against a Trainee Yoga Teacher are to be addressed in the first instance to their trainer. If the trainer cannot resolve the issue, the Executive Committee must be informed by means of documentation including the nature of the complaint, a statement from the Trainee, a statement from their Trainer and where relevant, their Mentor. An independent Committee member will be appointed to resolve the issue and to recommend a course of action to the committee.

## Appendix C

### Membership Criteria

Fees will be payable from August to July annually. Members joining during the year will be asked to pay one third of the full fee for each remaining four-month period.

TSYP Membership Grades	Fees (2016)	Membership requirements
<p>Yoga Teacher</p> <p>Honorary Yoga Teacher</p>	<p>£35 per year</p> <p>No fee</p>	<p>KHYF teaching qualification trained and teaching in the UK</p> <p>Teachers trained elsewhere in the TKVD tradition with CPD / additional training with TSYP Teacher-trainers showing evidence that they meet TSYP standards</p> <p>TSYP teachers qualification</p> <p>Note: All members must hold valid insurance and First Aid certification and have completed CPD requirements.</p>
<p>Trainee Yoga Teacher</p>	<p>Friends Fee (£15) until qualified plus initial £10 admin fee (first year only)</p>	<p>Studying on a TSYP Yoga Teacher Training course</p>
<p>Yoga Teacher-Trainer</p> <p>Yoga Therapist</p> <p>Yoga Therapy-Trainer</p>	<p>No additional fees</p>	<p>TSYP Yoga Teacher</p> <p>Qualified KHYF Teacher-Trainer and/or KHYF Yoga Therapist</p> <p>TSYP Yoga Therapy-Trainer</p> <p>In future: qualified TSYP Teacher-Trainer, Yoga Therapist, Yoga Therapy-Trainer</p> <p>Note: All members must hold valid insurance and first aid certification and have completed CPD requirements.</p>
<p>Friend</p> <p>Overseas Teacher</p>	<p>£15</p>	<p>Recommended by TSYP teacher or other acceptable sponsor</p>



## Appendix D

### Continuing Professional Development for professional grades:

- Total hours required per year = 20 minimum
- minimum of 6 hours one to one with mentor
- minimum of 6 hours (1 day) at TSYP CPD event

The remaining hours may be made up of any combination of the following:

- a. Time with own or other approved mentor
- b. TSYP CPD events
- c. Other relevant CPD events, e.g. run by trainers linked with Sri T.K.V. Desikachar
- d. External training approved by mentor (6 hours maximum)
- e. Distance learning
- f. Individual study
- g. Observing teaching and learning
- h. Research agreed by mentor and must be peer-reviewed and published internally

N.B. First aid courses do not count as recordable CPD.

All development shall be recorded. Any teaching member may be asked to provide evidence of the CPD they have undertaken.

The record should be in the form of a log showing:

Date	Activity	What I learnt from this activity	How my teaching has benefited	Hours spent
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