Activating every body.

every way. every day.

# AUSactive Professional Experience Log

As a graduate of a yoga foundation education course *(200/350 hour)* from a non-approved^ education provider, you are required to demonstrate a minimum of **10 hours\*** of practicum delivering and leading yoga services to clientele within an active health and fitness facility or setting. Your education provider should have facilitated this practical experience during your training.

The table below provides an example of the minimum requirements and inclusions;

|  |  |
| --- | --- |
| **Task** | **Hours** |
| Teaching and demonstrating yoga movements within a class environment | 10 |
| Meditation, chanting or other non-movement-based classes | Not included |
| Cleaning and putting equipment away | Not included |

*\*****Please note:*** *The non-included activities above or any other similar activity are valuable industry skills, however are not included in the 10-hour minimum requirements.*

*^ ‘non-approved’ education provider refers to an education provider who has not formally submitted their education to AUSactive for review and CEC approval. This is why additional evidence is requested to ensure that education providers are meeting practical experience guidelines.*

**Mentor requirements:**

For the purpose of your practical experience, your mentor must meet at least one of the below requirements;

* Current AUSactive Registered Yoga Professional with a higher level of certification or registration than the mentee.
* Registered Yoga professional with another credible body with a higher level of certification than the mentee.

You must supply your signed mentoring agreement in addition to this log.

## Example Log

The table below provides an example of how you can log a practicum session. AUSactive requires each session or day to be logged and signed off accordingly by the supervising mentor or practicum supervisor. You must provide as much detail as possible.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Location** | **Client or Class Description** | **Description of activities** | **Minutes** | **Mentor Signature** |
| 01/01/2023 | AUSactive Yoga Studio | **Mixed age beginner class** | * Completed a verbal pre-screen of participants.
* Began with easy seated poses and focused on breathing
* Moved to the mountain pose, downward dog and sun salutations.
* Graduated the class to the pyramid pose and raised hands pose.
* The cool down included the beginning breath work, child’s pose and cat cows.
 | 30 | Jennifer Mentor |

# Practicum Log

| **Date** | **Location** | **Client or Class Description** | **Description of activities** | **Minutes** | **Supervisor/s Signature** |
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| **Total Minutes (min. 600 minutes)** |  |  |

I, ***<insert mentees full name>*** agree that the information supplied within this log is true and correct. I understand that AUSactive may contact me to verify any evidence that I have submitted. I agree that I will maintain a copy of this log for the period of my studies or until my registration with AUSactive has been verified.

**Mentee signature: Date:**

I, ***<insert mentors full name>*** agree that the information supplied within this log is true and correct. I understand that AUSactive may contact me to verify any evidence that the mentee has submitted. I understand that as a mentor, I can claim continuing education credits (CECs) with AUSactive for mentoring and I may need to supply this log as evidence if requested.

**Mentor signature: Date:**