



### **MFC Yoga Fitness Leader Scope of Practice**

Date Proposed: December 1, 2010

Date Passed: January 12, 2011

Date Amended:

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**Based on MFC standards, the MFC Yoga Fitness Leader is able to:**

- Provide initial health screening (ie. PAR-Q).
- Design, modify and instruct safe, effective and appropriate beginner yoga fitness programs to meet the needs of apparently healthy individuals or those who have received medical clearance\* in a fitness yoga setting.
- Lead exercise sessions that are based on MFC standards. Bikram or Hot styles of Yoga classes as well as Inversion asanas are not included in the MFC Standards.
- Incorporate the use of appropriate equipment based on specialized training and the needs of the participants.
- Act as a resource and refer to appropriate health care providers when dealing with participants who have conditions that the Yoga Fitness Leader is not specifically accredited to address.
- To teach only the movements outlined in the Fit Flow Yoga Teacher Training Manual and their adaptations.