



BWYQ LEVEL 4 DIPLOMA YOGA TEACHER TRAINING COURSE

The British Wheel of Yoga is the Governing Body of Yoga in the UK as recognised by Sport + Recreation Alliance (formally Sport England). For over 40 years it has promoted the practice and enjoyment of yoga for all.

The **BWYQ level 4 Diploma** is recognised the world over as being the benchmark for yoga teaching. It is a comprehensive course which takes place over 2 years, covering 500 hours, of which a minimum of 255 hours are tutor contact hours.

This course is currently the only yoga teacher training diploma available at Level 4 within the National Qualification and Credit Framework. This means that the diploma is nationally accepted in the private and public sectors and can form part of your portfolio of qualifications. The qualification is also subject to stringent OFQUAL scrutiny to ensure standards are met. Upon successful completion of the course you will be awarded a **BWYQ Diploma**.

COURSE CONTENT

- **Kinesiology**
- **Practical application of A&P to ensure safe teaching**
 - Sensitive and appropriate modification of classical postures to ensure all students' needs are met
 - The business of setting up your own yoga class and encouragement to get you started
- History and philosophy of yoga with reference to 4 key set texts
- The energetic aspects of yoga, to include chakras, mudras and bandhas
 - All aspects of professional teaching, including lesson planning, course planning, assessing your students, class management and the teaching of adults.
- First aid
- The practice and teaching of pranayama and meditation
- Introduction to Sanskrit pronunciation and chanting
- Ongoing personal development through practice and study
- Lifestyle application of "on the mat" yoga to "off the mat" yoga

COURSE STRUCTURE

The course is structured in 8 units and spread over 2 years.

Unit 1 Applied Anatomy and Physiology and the Teaching of Asana

Unit 2 Yoga Breathing Practices and Relaxation

Unit 3 Planning for Teaching and the Responsibilities of a Teacher

Unit 4 Planning and Delivering a Yoga Course

Unit 5 Teaching Asana: Observation, Adjustment and Protection of Vulnerable Areas of the Body

Unit 6 Hatha Yoga and Pranayama

Unit 7 The Teaching and Philosophy of Meditation

Unit 8 Progression in Yoga

Each Unit will conclude a written assignment. There will be 5 practical mini-teaching assignments and 2 observations of you full class teaching, you will need to teach a minimum of 30hrs of private classes to complete the course. We will meet every 4-6 weeks for non-residential weekends, there will be a Taster day and Induction weekend followed by 19 weekend sessions. The Induction weekend is compulsory and you are required to attend a minimum of 80% of the other sessions.

Once you register as a BWY student teacher at the outset of the course, you are insured to teach and will be encouraged to do so as soon as your tutors feel you are ready. You will need to complete first aid training by the end of Unit 4 when you are expected to start teaching. This is in order to maintain your teaching insurance, your 1st aid certificate will need to be kept up throughout your teaching career. Renewal is every 3 years. If there is interest, your tutor may organise a First aid course but you will be able to organise your own with another provider.

As part of your training, you will be required to attend a regular weekly yoga class with a suitably qualified teacher, as well as yoga events from time to time. These will need to be documented and signed by your tutor. A key feature of the course is the small size of the study group, maximum 16 students, thus ensuring a personal approach and more time for individual input.

Apart from the principal and assistant tutor, there will be specialist guest tutors from time to time, each expert in their particular field.

ETHOS

The aim of the Diploma course is to equip you both professionally and practically to teach yoga asana, breathing practices, pranayama, relaxation and concentration/meditation to students with a wide variety of capacity and experience; with an underlying knowledge and understanding of yoga principles and philosophy. You are also expected to continue to deepen your understanding and knowledge through your own personal practice. Whilst course teaching is

Tutor-led you are expected to develop as a reflective self-evaluative practitioner and teacher of yoga. As a consequence, you will be actively involved throughout the course, in the teaching and learning process, in group work, and in your own home study and practice. You will be asked to reflect upon your own teaching and practice and develop your own evaluative skills to build on your strengths and address areas for improvement as needed. In this way you can develop as an autonomous teacher of yoga.

STUDENT SUPPORT

Your Tutor is there to help and support you throughout your learning and to give feedback on your progress. Your peer group will also become a source of support, shared experience and shared learning. Other support and information is available through the BWY website, In Service Training events and Regional events held by the BWY.

ATTENDANCE REQUIREMENTS

You are expected to attend all course days and you should only be absent for good reason. Except where Special Considerations are in evidence, you are required to register 80% attendance for each Part of the course. If you miss course days it is your responsibility to make up the content. This may be done in a variety of ways including extra tutorial time, or attendance at BWY recognised training days. Your tutor will advise you on what is most appropriate in the circumstances. You are also required to continue your regular yoga class attendance and to keep a record of this signed by your teacher. As part of your personal development you are expected to attend yoga workshops by teachers and tutors other than your diploma course tutor and to keep a record of workshops attended.

SYLLABUS TOPICS

The skills within each section are developed through study and practice, and ways to teach them are explained and demonstrated.

Asana - preparation, modification and counter-pose

How to design a yoga practice; Key points in the practice. Teaching of a set of core postures and their links to the human body and mind.

Pranayama

Learning to improve the quality and length of the breath, including a number of techniques with ratio.

Mudra and Bandha

Points of focus and action which can help to balance the flows of energy around the human system.

Kriya

Techniques to cleanse the body systems and enhance the flows of energy.

Pratyahara (sense withdrawal as experienced for example in relaxation), Dharana (concentration), Dhyana (meditation)

These are concepts and practices from Patanjali's Yoga Sutra, which are about deepening one's ability to focus the mind, and hold that focus for longer periods to approach the state of balance.

Yoga philosophy texts:

Patanjali's Yoga Sutras, Hatha Yoga Pradipika, Bhagavad Gita, Upanishads.

Anatomy, Physiology and Kinesiology.

The body systems in some detail, and how yoga practices can influence them.

Professional Studies

Developing participants' skills in leading others into the exploration of the theory and practice of yoga.

Teaching methods

Talks, slide shows, workshop based, group or pair work. Participants will be expected to complete reading in advance to allow short presentations by the tutor leading to small group discussions.

ASSESSMENT

- Peer teaching of asana, pranayama, mudra, bandha and meditation
- Diary of personal pranayama practice
- Lesson plans for each assessed teaching practice
- Detailed posture profiles
- 10-week course plan
- Written assignments 2-3000 words on topics like Stress, Prana, Yoga philosophy etc.
- Observed class teaching

All assessment is non-graded with emphasis on competence to teach yoga. All assignments will be either 'pass' or 'refer'. Assignments are submitted for assessment by the tutors, the quality and consistency of marking being checked by a BWYQ verifier.

You are required to keep a portfolio showing your learning progress. During the course you are required to record at least 30 hours of teaching, planning, content, assessment and reflective evaluation. Your general class teaching begins to be assessed after Unit 4, so you will need to be teaching classes by then.

You are expected to keep a record of all teaching you do. Also for at least three months during the middle part of the course you must keep a pranayama diary and establish a regular practice of pranayama. This need not be lengthy or difficult, but will form a foundation of understanding for your teaching. Your tutor will set suitable home practice tasks and may ask you to record specified details. As a foundation for study you will be asked to buy a selection of books. BWY has a list of recommended texts and your tutor will give you guidance on those preferred for their course. As a minimum you will need copies of the Yoga Sutra of Patanjali, the Hatha Yoga Pradipika, the Upanishads and the Bhagavad Gita, as well as books on asana, and books which contain information on breathing practices,

pranayama, relaxation and meditation.

CERTIFICATION

A BWY Teaching Diploma will be awarded on successful completion of all the Units and observed classes.

PRE-COURSE REQUIREMENTS

- A minimum of 3 years of regular yoga practice with a recognised yoga teacher.
- Foundation Course or equivalent is highly recommended.
- Good IT skills are essential as the course is paper free. All work is presented and assessed electronically – you will keep an electronic portfolio of your work readily available for assessment and verification purposes. You must be able to communicate regularly by email.
- Attendance at Induction weekend
- You will be required to complete the BWY anatomy and physiology online course. This needs to be completed before the start of the course after the Induction weekend. If you already hold a recognised A&P qualification, you may be exempt from this aspect of the course.