



BWYQ Certificate in Yoga Teaching March 2021 - April 2022

Thank you for your interest in the BWYQ Certificate in Yoga Teaching. You've made a good choice. The British Wheel of Yoga (BWY) is the governing body of Yoga in the UK and its teacher training courses meet the highest OFQUAL regulated standards. By completing a BWY teacher-training course with us, you can be confident that you are being trained by well established, highly experienced experts to pass your knowledge and skills on to the next generation of practitioners, professionally.

This pack contains information you need before you commit yourself to training with us and the BWY. We have included as much detail as possible to help you decide if this is the right course for you, and to enable you to plan your finances and time commitments. Some of the information below, you might have read already on my website.

This is an intensive course, and you will need to make time for assignments and practice as well as setting up and teaching a class for your practical assessment

The course is approximately **160 contact hours plus another 150 hours of self-study**. It will run on Fridays, Saturdays, and Sundays (10.00-5.00pm) approximately once every 3-4 weeks.

Certificate or Diploma?

The Certificate in Yoga Teaching is designed to meet the needs of aspiring Yoga teachers who require foundational skills to start running general classes for the public at large. You will learn all the essential skills such as:

- Course planning

- Lesson planning
- Posture profiling – breaking down a posture and how to teach it to everyone
- Legal and Professional aspects of setting up a yoga class
- Marketing and advertising
- Breathing, stress and relaxation
- Basic philosophy that underpins modern Yoga practice.

It is a practical course that will equip you with all the tools you need to teach confidently.

The Diploma course includes all the skills and knowledge contained in the Certificate, but more time is spent integrating Yoga philosophy and developing a wider range of teaching skills.

It will be possible to undertake further courses in the future should you wish to upgrade your Certificate to a Diploma or work with special groups.

Experiential Learning and Early Teaching

We believe that you learn best by doing and you will be expected to start teaching very early in the course, friends and family only. The BWY Teacher Training courses insure you to teach from Day 1 as a Student Teacher (on condition that you have an Emergency First Aid at Work Certificate which you can attain in a day). Many students use the course as a way of gaining ongoing mentoring whilst building up a career in teaching Yoga.

Course information

Course duration: March 2021 – April 2022

Day: Friday evening	6.00 – 9.00 pm, online
Saturday	1.00 – 6.00 pm, face to face,
Sundays	9.00 am – 4.30 pm, face to face

Place: 1st Scouts Hall, Community Close, Ickenham UB10 8RE

Course Dates:

Information Session:	November 22 nd , 10.00 am – 12.00 pm
Introduction Day:	January 17 th 2021, 10.00 am – 1.00 pm

Induction Day: February 7th 2021, 10.00am – 4pm

2021

- March 26th – 28th
- April 23rd – 25th
- May 28th – 30th
- June 25th – 27th
- July 9th – 11th
- September 3rd – 5th
- September 24th – 26th
- November 5th – 7th
- December 3rd – 5th

2022

- January 7th – 8th
- February 6th
- March 6th
- April 2nd

Course Fees and other costs:

	Cost (±)	Date due
Deposit (non-refundable)	£950	Following formal acceptance on to course.
Remaining Fees (excluding deposit)	£3100	This can be paid in installments: 14 Direct Debit payments of £221.42 starting March 14 th 2021 finishing 14 th March 2022
BWY and BWYQ Registration Fee	£200	Payable directly to the BWY (Q) at point of registration to the course via the BWY Student Registration System.
Total Course Costs	£ 4250	
Other costs		

BWY Membership Fee (including insurance, renewable annually)	£94	Paid directly to the BWY upon registration by first day of course.
Books: Estimated minimum	£100	
Personal development (attending other yoga courses and classes to maintain your own practice)	Variable	
BWY Anatomy and Physiology online course	£25	First Part of course or prior to the start
First Aid Course	circa £60 if booked via BWY website	In first 6 months, prior to teaching necessary for insurance

Initial Course Costs

£950 is payable upon acceptance onto the course.

£100 BWY Registration fee and **£100** BWYQ (qualification fee) -payable directly to the BWY (Q) on registration

Super Early bird discount

£3600 paid in full by 30th December 2020
(£200 course registration fees apply)

Early application and acceptance onto the course by December 30th2020, offers a discounted fee. The tuition fees are reduced by 10% if paid in full. BWY and BWYQ Registration Fee of £200 are due on registration on the BWY Student Registration System.

Refund Policy

Once you have signed and committed to the course your place will be secured by paying the **£950.00 non-refundable deposit.**

No refunds are applicable if the early bird fee payment has been applied.

Should you leave without completing the course, your last payment would be your last month attended, together with paying an additional withdrawal fee of 2 monthly fees. No monies paid are refundable.

BWY Membership

Please note that membership of the BWY, for which you apply directly online, is compulsory throughout your training. Should your membership lapse, you will no longer be insured to teach as the student teacher membership is also your teaching insurance. Membership is renewable each year.

General Course Structure

The course syllabus attached with this pack provides a broad overview of the course contents. The qualification is divided into Units of Competency.

Anatomy and Physiology

You will be expected to have a basic knowledge of Anatomy and Physiology before starting this course to be able to apply it to the teaching of Asana. The BWY offers a online course in A&P, that should be taken prior to the start of the course (after acceptance) or within the first month. The A&P course costs £25, payable directly to the BWY, and can be taken online via the BWY website (www.bwy.org.uk) once you are a BWY member. If you already have a background in Human Science, you may provide us with evidence (to be approved) to gain exemption. (recognised prior learning)

Brief Outline of Syllabus

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 Yoga Teacher

Unit 4: Planning and Delivering a Yoga Course

Unit 5: Teaching Asana: observation, adjustment and protection of vulnerable areas of the body

A Competency-Based Qualification

This is a competency-based qualification. This means that you are being assessed on your skills and the knowledge that underpins those skills.

As the course unfolds, you may find some skills easy to learn and others more difficult. Until you attain competency in a particular area, your work will be *referred* until you are competent. The term "referred" simply means that you have not yet demonstrated a skill or shown evidence of understanding a topic to the required standard. If an assignment is "referred" you will be guided to address the areas that have been identified and resubmit the work.

If a practical assessment is referred, you will be re-assessed on the referred points over a period of time or on a particular day until competency is attained. By the end of the course, as you acquire experience and knowledge, you will become increasingly competent in all areas. Referrals are perfectly normal in this type of qualification to highlight areas in which you need to develop more skills. It is unusual not to be 'referred' during your training as becoming competent in teaching is the purpose of undertaking such a course in the first instance.

Assessment

You will be assessed by your tutors and peers in a variety of ways including:

- Written work in the form of Essays, Questionnaires, Quizzes
- Micro-teaching to your peers
- Formal classroom teaching assessments

Your work will be presented in the form of an electronic Portfolio, which will be submitted at the end of each Unit. This portfolio will in turn be verified by an appointed IQA (Internal Quality Assurance) and possibly by an EQA (External Quality Assurance).

To pass the course you will:

1. Complete and pass assignments for all five Units successfully
2. Pass all aspects of your Assessed Class Teaching (ACT)
3. Attend at least 80% of the course.

The qualification guidelines have been included in the attachment.

How does this course compare to other courses?

There are other good quality teacher-training courses, but these are the features of a BWY course that may influence your decision to make an application.

1. This course is to train you to become a **safe and competent** Hatha Yoga teacher. The course we teach is consistent with the BWY's expectation for the highest level of quality. We will not be teaching you in one tradition alone. We both have extensive experience of working with a wide spectrum of teachers from most of the main Yoga traditions. Our aim is to guide you in your own tradition and help you find your own inspiration in Yoga.
2. On some courses, you are not supposed to teach till the course ends. On BWY courses, you are encouraged to set up classes from early on in the course. Once accepted onto the course and fees are paid, you will have a **"provisional" student-teacher licence** on condition that you have completed a one-day Emergency First Aid at Work training.

Frequently asked Questions?

1. Is the qualification recognised?

The standards of a BWY Teacher Training qualification are awarded by the BWYQ Awarding body at Level 4. The BWYQ is regulated by OFQUAL at Level 4 which is considered the Gold Standard of educational excellence in Yoga teacher training in the UK and compares to the University Foundation Level.

2. Can I do the extra modules if I decide that I want to gain the full Diploma instead of just the Certificate?

The Certificate is a foundation qualification which offers 5 of the 8 units that constitute a Diploma. Some of the philosophy covered in units 6-8 will still be covered on the course but is not assessed. If you do decide however, that you would like to complete the full Diploma there will be courses on offer. These are known as Progression Courses and depending on the interest there might be a Progression Course following the Certificate Course.

Application Process

Pre-requisites:

To have a chance of making a successful application, you:

- have completed a BWY Foundation course or have a several years of relevant experience that you can draw upon.
- be competent in both written and oral English (Minimum standard Cambridge First Certificate).

- are computer literate. Handouts will be sent electronically and all correspondence between course days will be by email. You will need to complete an electronic portfolio for each Unit of the course.
- are attending a regular Yoga class.
- have time and commitment for the course (at least the equivalent of one day a week) outside of contact hours.

Information Session and Introductory Day

This will give you a chance to work with us, get to know our teaching style and understand what is expected of you.

By December 30th or the latest following the Introductory Session January 17th, we require a firm financial commitment: all registration fees, deposits and remaining initial costs are due by the January 27th. Your confirmation letter outlines costs and how to pay them.

How to apply:

1. Fill in the attached **application form (below)** and return it electronically.
2. Complete the **short assignment** attached and return it with your application.
3. If you have completed a Foundation course, please send a **copy of your certificate**.
4. If you have not done a Foundation course, please a **Reference** from your current Yoga teacher recommending you for the course.
5. We will invite you to an **online interview**.

If you have never worked with us before, you may wish to attend one of our classes or [YouTube](#) live streamed sessions These learning opportunities offer a sense of how we teach and whether our teaching style is right for you.

We very much look forward to receiving your Application form and thank you for choosing the British Wheel of Yoga in your journey to become a Yoga Teacher.

Katja and Laura

Application Form (below)

Written Assignment (below)

BWY Certificate Overview and Syllabus attached separately (PDF)

Application Form

BWYQ Teacher Training
Certificate Course Level 4
March 2021- April 2022



Please insert a photo of yourself here (optional).

BWYQ Certificate Application	Today's date:
Family Name	
First Name	
Date of Birth:	
Address	
Mobile	
Email address	

Years of yoga study

Experience in:

Asana

Pranayama

Meditation

Mantra

Yoga philosophy

Ayurveda

give a brief overview

Yoga teachers and style of yoga studied (including name of Foundation course tutor if appropriate)

Yoga courses/workshops/events attended in last 3 years

Why do you wish to take this course?

What do you wish to do after the course?

Academic background and relevant previous qualifications.

Occupation

Are you already teaching yoga? Or, have you taught before in other areas?

Please detail any circumstances which you feel may affect your participation in the course.

I hereby declare that the above stated information is true and I take full responsibility for any health conditions that may be affected by attending this course. I have read and agree with the Terms and Conditions as laid out in the Introduction.

Your signature

Date:

Are you computer literate and able to create documents?

Is English your first language?

If not, do you have a good level of the spoken and written English language?

Please give details:

The Written assignment:

In no less than 500 words (and a maximum of 600) write about what brought you to Yoga and how it has benefitted your life and why you want to become a yoga teacher.

Kindly set your computer to **1.5 line spacing** for this assignment (see Format/ Paragraph/ Line spacing), using Calibri font, 12 point.

Please return your application form together with your teachers' reference, a copy of your foundation course certificate and the completed written assignment.
Thank you

Laura and Katja welcome your application.