



THE BRITISH WHEEL OF
YOGA™

BWYT CERTIFICATE IN TEACHING YOGA

Course Information Sheet

The aim of the Certificate course is to equip you both professionally and practically to teach yoga asanas, breathing practices and relaxation with a wide variety of capacity and experience;

The qualification is gained by completion of 5 Units of Learning which are taught concurrently:

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
All aspects of learning are based on the philosophical principles of yoga encapsulated within Patanjali's Yoga Sutras.

Also included is the history of yoga including an introduction to the Upanishads and the Bhagavad Gita?

The course is a combination of Tutor-led contact days and home study. In addition there is a requirement for a qualification in anatomy and physiology either by completion of the BWY home study course 'Essential Anatomy and Physiology for Yoga' or other equivalent study. You will be asked to visit the website to complete the Fundamentals of Anatomy and Physiology Course either before you begin the Certificate Course, or during the first three months of the course. Students explore a practical and theoretical

syllabus that covers: anatomy and physiology (including common medical conditions), brief history and philosophy of yoga and class management.

To be accepted onto a BWY Teaching Diploma course students will have practiced yoga for over two years and will often have completed the BWY Foundation Course as well. All BWYT Certificate Course Tutors follow the same syllabus, but each DCT brings their own experience and knowledge to the course. This course puts an emphasis on the practical aspect of yoga

Asana - the practical application of anatomy and physiology, the need for safe practice and the appropriate adaptations and modification to suit individual requirements.

All aspects of professional teaching, including scheme of work, lesson planning, course planning, assessing your students, class management and the teaching of adults.

The business of setting up your own yoga class and encouragement are also included

The BWYQ Certificate Course provides a thorough grounding in the practice and theory of yoga

Course Dates - TBC

Venue: Orley Farm School
South Hill Avenue
Harrow on the Hill
Middlesex
HA1 3NU



Course Hours

Introductory Days = 5 hours. 10am - 4pm

(lunch 1-2pm)

15 Saturdays = 110

Saturday schedule: 9.30am - 5.30pm (lunch 45 mins + 1 x 15 min breaks) = 7 hours

1 Residential weekends = 22 hours

Residential schedule:

Friday: 3 - 6pm; 8 - 10pm = 5 hours

Saturday: 7. - 8.30am 9.30am - 6pm; 8 - 10pm (1 hour lunch+ two 15 min breaks) = 10.5 hours

Sunday: 7. - 8.30am 9.30am - 4pm; (1 hour lunch +one 15 min break in the morning) = 6.75 hours

Financial Information

Introductory Day - Light Refreshments

provided £50

Tuition fees £2200

Residential weekend £150 approx. £150

First Aid Day (during Part 1) £50

Assessed Class Teaching Practices: £100 + travel

Costs Set by the British Wheel of Yoga

BWY Registration Fees:

TBC - payable upon acceptance onto the course

These include: Course Registration; Verification Fees and Certification

BWY Student Membership & Insurance is separate; £76

If currently a BWY member an upgrade to student membership is £42

Verification Fees and Certification

BWY Anatomy & Physiology course £75

This is a 3 month distance learning course administered by your course tutors in the 3 months following Registration. It is a compulsory component of the BWYQ that all students who do not already have an A&P qualification to at least ITEC level or equivalent will undertake this course.

NOTE 1: After being accepted onto the course you are required at the first course meeting to pay £1,000 non- refundable.

A second payment of £1200 will be due at the start of Unit 2

For those on a budget, payments may be scheduled by arrangement with the tutors

£500 nonrefundable deposit at the first meeting

11 monthly x£145 + final payment of £105 payable by standing order or direct debit to the tutors

NOTE 2: You will able to start teaching your own classes and earning money from the end of Unit 1

It is common for student teachers to earn back the cost of their course fees by teaching yoga classes.

Costs other than for tuition may be subject to changes beyond our control.

Content of BWYQ Certificate Course

This is a brief outline of the content of the course and methods of assessment.

Preparing to Teach Yoga.

As the title suggests this part of the course provides the key skills knowledge and understanding to enable student teachers to begin teaching yoga. It includes the following areas of learning:

- Principles of anatomy and physiology and their application to asana
- Teaching of asana in theory and practice including detailed study of specific asana
- Theory of teaching and learning in yoga: Lesson planning, class management, meeting the individual needs of students Writing Aims and Objectives and professional teaching skills.
- Yoga breath awareness and breathing practices in theory and teaching
- Yoga relaxation
- Introduction to the history of yoga and philosophy Continuing to develop teaching skills and contains detailed study of hatha yoga
- Care of Vulnerable areas.
- Yoga course planning

Assessment

The course is practical. Each course day most of the morning will be dedicated professional teaching skills. Writing Aims/Objectives, Lesson planning, to learning how to prepare for and teach a particular posture the emphasis is on competence to teach yoga safely.

Guidance and advice in the form of constructive feedback given by the tutors and peers on the content of these sessions. Followed by practical work on teaching points and modifications. This is a useful learning tool for all students to enhance learning and teaching, experience, Some of the teaching practices are informally assessed, When it is a formal teaching practice observation it will be marked as 'pass or refer' the referred element has to be re done.

All written assignments will be either 'pass or refer'. If a piece of your work is referred, you can resubmit the assignment when the necessary amendments have been made, subject to the rules for referral and resubmission of written work... Your tutor will support and advise you through this process.

You are required to keep a portfolio showing your learning progress.

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 recognized 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.

Homework

You will need to set aside 2-3 hours per week to keep up with the course. Homework will involve writing assignments, preparing for practical

assessed work and preparing for teaching practices

All students are required to attend a minimum of 1 class per week with a recognized yoga teacher

The Tutors

Monica Burton

Monica is well respected member of the Yoga Community as she has been an active member of the BWY in the past holding the roles of Chair, National in Service Training Officer plus several Regional Officers roles. Monica has many years experience working with people with multiple disabilities and mental illness, as well as presenting courses on Personal Development, Stress Management and the Art of Positive living. Monica practised Zoto Zen meditation for many years but her regular practice is Vipassana meditation. Monica's teaching style is a combination of alignment, dynamic movements and relaxed attitude with awareness of experiencing each moment. Her approach is to encourage yoga as a means of letting go of rigidity rather than struggling to gain flexibility.

Chris Harrison

Chris qualified as a BWY Teacher in 1990 then became a qualified Diploma Course Tutor in 2005 and has tutored several BWY Teacher Training Courses. At this moment she is Acting BWY Chair, previously she was the BWY London Regional Officer, she was the London Regional in- Service Training Officer. She has presented sessions at the BWY Congress, London Yoga Festival, The Yoga Show and the Well-being Show on behalf of the BWY. She has a vast range of experience teaching students of all ages and abilities. She has been influenced by different schools of Yoga and developed her own style based on alignment, gentle progression and working with the breath.

