

# British Wheel of Yoga

## Teacher Training Diploma

### York 2018 - 2020

### Tutor: Jayadhara



#### Introduction & Course Tutor



I am delighted that you are interested in becoming a yoga teacher and spreading the teachings and message of yoga. It can be a life changing and life enhancing journey. The BWYT course I'm offering will run for over three years from January 2018 – December 2020 with induction day October 2017.

I have been practising yoga since my late teens and have a broad experience of traditions including Iyengar, Sivananda, Ashtanga, Structural Yoga Therapy and in particular Satyananda Yoga. I have been teaching yoga since 1988, have an MA in Yoga Philosophy and am a BWYT Foundation and Diploma course tutor. I am passionate about including all aspects of yoga and ancient wisdom in ways accessible to everyone. I offer professional expertise, authentic and enthusiastic teaching and believe in teaching from your own experience and practice. My own practice is informed by Buddhist principles and I regularly return to India the home of yoga for deeper understanding and to continue my personal development journey.

#### Course Details

The British Wheel of Yoga Diploma Course is recognised worldwide as an excellent 500 hour course designed to train committed yoga practitioners to be safe and effective teachers of yoga and is within NVQ Level 4 framework. Teaching yoga integrates art, science and spiritual guidance; it brings together knowledge and experience from your own practice and professional teaching skills.

The course covers asanas, pranayama, philosophy, anatomy and physiology. The approach is non-dogmatic so that you can develop in the way and style that suits you. You will be asked to study hard, increase self awareness, stretch your understanding and have the opportunity to cultivate lasting friendships with like-minded individuals. Undertaking this course can be an amazing journey that can transform your practice to a new level of understanding, empower you as a teacher and alter your perspective on life.

The BWYT Diploma course will give access to competitive insurance and entitle you to join the Register of Exercise Professionals (REPs). The course is in eight units plus a pre-course anatomy and physiology unit; there is a minimum of 245 tutor contact hours.

## Course Units

- Unit 1** Applied anatomy and physiology and the teaching of asana
- Unit 2** Teaching yoga breathing practices and relaxation
- Unit 3** Planning for teaching and responsibilities of a yoga teacher
  
- Unit 4** The 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

## Course structure

The course will consist of monthly Saturday meetings 9.00am – 5.00pm and one weekend residential during the three years. Students are required to continue regular attendance at a weekly class with a BWY teacher; follow home study and home practice schedules; to complete written work and prepare presentations and mini teaching sessions to be given during course days.

Course days are tutor-led, but you will be actively involved throughout 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 evaluative skills to build on your strengths and address areas for improvement as needed. After the first year you will be encouraged to set up your own yoga class and will learn a great deal from teaching your own students and reflecting on your classes.

Places are limited to a maximum of 18, to ensure individual attention. BWYT does not permit additional students to join part way through a Unit, so an interview and introductory day gives you the opportunity to consider the workload and commitment in order to make an informed decision about the course. Careful consideration is required before embarking on this inspiring, but demanding course.

## Requirements for the Course

- Applicants should have practised yoga regularly for at least two years with a BWY or other suitably qualified teacher and preferably completed a BWY Foundation Course or equivalent, or regularly attended yoga workshops, seminars or residentials.
- BWY Essential Anatomy and Physiology online course; completed and passed prior to start of the course. Recognised prior learning can be given to those who have a recognised A&P qualification.
- Attendance at introductory and induction days.
- Computer skills – as all work is presented and assessed electronically, you need to be able to communicate by e-mail, Word documents and use attachments. You will also need to keep an electronic portfolio of your work.

Successful applicants will need to obtain a First Aid Certificate through local St. John's Ambulance, Red Cross, College or a BWYT organised course.

## **Selection Process & Induction Day**

When I have received completed application forms I will invite suitable candidates to an Induction Day (21 October). This day will give you the opportunity for 'tasting' a course day, meeting other potential group members, a chance to discuss the work involved, and for me to observe your posture work and see how you interact within a group. I will also set you some written work to give you a real flavour of the course. At this stage you are still not committing yourself to the course and will need to seriously consider whether you intend to progress further.

All students wishing to join the course must join the BWY, pay the course deposit and registration fees prior to the commencement of the first course day and undertake the BWY Essential Anatomy and Physiology for Yoga online course (this can also be completed in the first three months of the course).

## **Course Set Books**

All students are required to own the set books:

- The Concise Human Body Book – published Dorling Kingsley
- The Concise book of Muscles – Chris Jarmey
- Yoga Sutras of Patanjali – translation Sri Swami Satchidananda
- Hatha Yoga Pradipika – commentary Swami Muktibodhananda
- Bhagavad Gita – translation Eknath Easwaran
- The Upanishads – translation Eknath Easwaran
- Adult Learning, Adult Teaching - Daines, Daines and Graham
- Asana Pranayama Mudra Bandha - Swami Satyananda
- Teaching Yoga - Essential Foundations and Techniques - Mark Stephens

There are a number of translations of the texts and information will be given at the introductory day about the books to be used during the course. Students often find it beneficial to purchase additional books and suggestions will be offered during the course.

## **Venue**

New Earswick Methodist Church Hall, Hawthorn Terrace, New Earswick, York YO32 4AQ

## **Induction Day**

21 October 2017 9.00am – 5.00pm

## **Dates for 2018**

13 & 14 January

14 - 16 September – Residential weekend at Ampleforth Abbey

Other dates tbc after course registration

## Course Costs

**Introduction, Interview & Induction** £40

**Diploma Course Fees** (including residential retreat) £4400

Units 1, 2 & 3 £2050

Units 4, 5 & 6 £1325

Units 7 & 8 £1025

### **Please note that registration fee and balances paid are non-refundable**

Course fee includes BWYT and BWYQ Course registration fees of £300, all tuition, handouts, support, assessment of assignments, assessment of teaching peers and two class assessments (travel expenses are in addition).

Fees may be paid in instalments:

Deposit plus BWYT & BWYQ registration fees of £300 (non-refundable) \* £950  
30 monthly payments of £115 £3450

\* To be paid as soon as possible after receipt of letter offering you a place on the course.  
NB. Course Dates will be confirmed when the course is registered

### **Fees do not include**

Induction day	£40
BWY Anatomy & physiology online course	£75
BWYT Registration fee	£150
BWYQ Registration fee	£150
BWY Membership fees <i>annually, inc. insurance</i>	£76 per year currently
Set books	£90-120
First Aid certificate	£60 – 120
Tutors travel to observe class teaching	

Other expenses will be, continued attendance at a weekly yoga class, yoga workshops or seminars, additional books or equipment, use of a computer, stationery costs, and cost of travelling to the course.

### **To Apply**

1. Carefully complete the application form and return as a Word email attachment.
2. Remit your £40 fee for Introduction, Interview and Induction as soon as possible to help with course administration.

Cheques payable to Jane Cluley or by BACS: Sort Code 09-01-27 Account 38203361

### **Postal Address**

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