

BWYQ Diploma, York – Feedback and Advice!

Graduates of Course ending in 2016

The BWY teacher training course covers absolutely everything you need to know to become a skilful, safe and competent teacher. I would thoroughly recommend Jayadhara; she has a huge wealth of knowledge of all aspects of yoga which she shares with enthusiasm and clarity. *Lucy*

A life changing experience which involves a very comprehensive study of yoga, both modern and traditional. Jayadhara is a wonderful tutor who is always willing to help guide you. Her explanations are always interesting and the atmosphere is warm, enjoyable and a fun learning environment. *Melissa*



On this course you will learn how to teach Hatha Yoga in a professional and intelligently structured way. Using real theoretical teaching concepts in the context of adults, the course enables you to fully understand how to plan and deliver lessons, create schemes of work, and develop full courses. The anatomy and physiology training is thorough, and you feel equipped to help most people, regardless of their health conditions or limitations, including how to deal with students who become pregnant whilst in your class.

The course also has a strong underlying thread of theory, history and philosophy that is so badly missing from a lot of other yoga courses. Tutor Jayadhara is experienced and passionate about this aspect as well as the other parts of the practice and it is a pleasure to learn from someone genuine.

The course is not easy by any stretch of the imagination. There is an element of discipline involved throughout, both in your own practice and in the course work. However this is a truly great aspect as it shows that Jayadhara really cares about her students, her intention is to turn out a group of high-standard teachers who are properly qualified to do the job. Personally I am inspired and privileged to be around such a bunch of intelligent and dedicated people who are doing this course because they really want to, and I look forward to the next stage in my journey.

If you want a genuine yoga education to make you the best teacher you can be, I would recommend this course; even if you have another qualification in Yoga. *Ali*

'This is not a course to be undertaken lightly – it calls for a great deal of commitment and work. Be prepared to be stretched! But the quality of teaching and support of the tutor and peer group has been fantastic. To actually progress to teaching my own yoga class has been very rewarding and given me a wonderful sense of achievement.'
Michelle

The course is a comprehensive and thorough introduction to teaching yoga that provides opportunities for exploring the world of yoga and yourself. *Alison*

I feel the course, led by Jayadhara, has given an excellent grounding in all the areas needed to develop my skills as a yoga teacher. The structure and length of the course

allow individuals to grow and develop gradually at their own pace. It also allows consolidation of practical and theoretical knowledge. Thoroughly enjoyable. My advice would be, don't be in a rush, and enjoy the journey. *Shirley*

The diploma course led by Jayadhara is comprehensive involving both the theory and practice of yoga. It is delivered in a supportive environment with tutorials that signpost students into the written and practical elements of the course. There is a gradual approach to all elements resulting in the students developing confidence in their own abilities and teaching skills. Meeting and working with the other students has resulted in the development of a close community and a valuable resource for the future. *Trish*

The course is really excellent. Well structured, it eases you gently into teaching yoga. It's amazing how quickly your confidence grows, though the first few micro-teach sessions are very scary! Jayadhara's approach of taking small steps with each subject area as it is introduced is very reassuring - you never feel too overwhelmed, though you do always feel challenged to move up another step in your knowledge and experience. The standard of commitment and achievement within the peer group is very high, but everyone is very supportive and criticisms are always constructive and thoughtful. The group is very supportive and friendly and I think that is encouraged by the active listening and small group work that we do. Jayadhara is an excellent tutor: she's there when you need her but is also happy to let you develop at your own pace, with a gentle nudge when you need it!

The time has gone very fast and I can't believe we're over half way through the course now. The second year is a massive step up from the first year, not only in terms of the complexity of the course content, but also in the students' workload and need to commit to the course. You are busy juggling teaching and planning your own classes, pursuing and developing your own practice, keeping a daily pranayama diary, writing challenging esoteric essays, teaching advanced practices such as mudras and bandhas..... and then there is normal life to deal with as well! I personally have found massive challenges being placed in my way, especially this year, in terms of my own health and family health issues. On top of that is the fact that I personally am changing, as a result of my yoga teaching and the development and deepening of my own practice. That in turn challenges my relationships to my own family, my friends, and my work. It feels like all of life is in flux at the moment as old mind sets and boundaries are challenged and re-set. *Denyse*

Nearly two years into the three year diploma course I am gathering a full appreciation of what it means to teach Yoga and the many facets of the teaching experience. Jayadhara fosters a diverse learning experience that caters for a wide range of learning styles and personalities. I've enjoyed all of the elements of the course to date; the theory, practical, demonstrations, micro-teaching of peers, teaching feedback, homework (yes even the homework). I was afraid of actually teaching at the start of the course, yet as the course continues my confidence grows and I attribute this to assimilated knowledge, the opportunity to practise in a safe and encouraging space with very supportive peers, and Jayadhara's guidance which continues both to inspire and encourage, even when the work feels hard or my confidence is wavering. *Becka*

I was in the Yoga Studio in York, and some ladies were waiting for a Iyengar workshop. One of them, apparently a very committed Iyengar student, asked me about my Yoga and I said that I was doing the BWY Diploma, "Why not Iyengar?" she asked, and I was going to answer that the BWY "was more my style", but I felt like that was not saying the truth; my final answer was that after the BWY Foundation 1 course, I found that I really liked the teacher..... Please feel free to tell your potential students this story, telling my name and give to everybody my email or phone number, I am happy to answer any question. Hari om, *Nestor*

Current Diploma Course students 2016-18..... Best aspects of the course

The gentle building up of teaching practice with micro teaching sessions, assessed breathwork and relaxation and a posture vinyasa; to now, looking at setting up my own class in the new year. It's built very gradually in a well supported way, which slowly builds confidence. *Matt*

I am so happy I chose this course. I have got much more than I expected and that is down to the teaching and my peers. The quality and depth of the course is far more than I expected and I'm sure will benefit my future students as well as me personally. I highly recommend the course. *Sarah-Jane*

Thank you – I really appreciate the thoroughness of information and instruction; and the safety net and support it provides for me as a budding yoga teacher. Thank you for all the wonderful resources, ideas and encouragement. Best features of the course are – going back to basics: re-developing my breathing and asana practice from the ground up and observing the impact day-to-day. Generally, everything has been the best part – course days are the highlight of my months! *Elisabeth*

Being part of a like minded group and exploration of teaching styles. Much of what we have covered this year has been revision for me but it was a helpful recap and has been good to apply existing knowledge in a different context. I think the combination of theory and practical work has been very well balanced and I have always ending the day feeling that I've absorbed all information very well as a result. *Shelagh*

Everything! I thoroughly enjoy the teaching, the group discussions, the support from the tutor and peers. I enjoy the self-research into exploring deeper into the subject. I'm just starting to learn to enjoy the teaching. I don't think there's anything that could be improved. *Sarah S*

Being encouraged to teach from almost the beginning, which has gradually built my confidence and allowed me to take small steps. Starting with teaching Tadasana and Shavasana for 5 minutes was a really nice way to get started, then gradually building on this through mini-teaching sessions, building complexity and teaching time. I have been surprised how much I have learned from experiencing other students teaching the group, as well as from teaching the group myself. The feedback sessions have been really valuable. *Helen*

Good course. Well-structured and delivered and does what it says, sets you up with the basics to safely teach students, whilst developing your personal practice and experiences. *Michele*

Supportive atmosphere courtesy of an excellent tutor and lovely group of students to be on this course with. It is good to be an environment true to the core values of yoga with people who share those values. *Bethan*

I enjoy the mix of theory and practical lessons. It is useful and interesting to experience the different teaching styles of my tutor and peers. My peers/fellow yogis are lovely and I enjoy working with them in pairs and small groups. I enjoy the breadth of learning and the theory behind it. This course is not to be

undertaken lightly... we ourselves change and develop throughout the course and it takes a huge amount of commitment, which I enjoy! *Tracey*

The way it has been paced, building on our knowledge and experience session by session so that now a year in, I feel ready to (terrified and nervous but ready) teach a class. I like having responsibility for my own learning. The homework is extensive, always builds on what we've already been taught and encourages me to assimilate my learning. This course has been put together with great care and attention to detail not only for us students studying it, but also the people we are going to teach. It prepares us carefully and as safely as possible to be the best we can be at this stage of our learning. *Sarah D*

Advice for prospective students

Take every opportunity offered to you to widen your knowledge and experience, be prepared to work hard but most of all, enjoy yourself and the company of your fellow students. *Lucy*

Be willing to dedicate a lot of time and effort to get the most out of the course. It is hard work but very rewarding. Allow yourself regular self assessment to notice the changes in yourself and most importantly; try to maintain equanimity. It is how you live in your ever day life, where yoga matters the most. *Melissa*

I am aware that this course is taught by others over a period of 2 years. My advice to new students is to take the 3 year option as it allows time for consolidation and personal development, my third year is approaching and I am enjoying it as much now as when I started. The course is a challenge it has led me down paths I had not expected to take and is gradually having an effect on my life. It has raised my awareness of myself I have questioned how I live, my actions, omissions and reactions. Physically I have changed and the course has had a positive effect on me mentally, emotionally and spiritually. It is a great journey of discovery this is not quite what I expected when I started the course. *Trish*

This is not a course to be undertaken lightly, but if you have the interest and determination to see it through it is incredibly rewarding. It is one of the best choices I have ever made. *Denyse*

- Trust in your own style and essence
- Observe and learn from the rest of the group
- Plan your time and try not extend your time to too many other commitments. The course elements demand a lot of time away from the classroom, especially once you start teaching your own Yoga class
- Don't be afraid to ask questions
- Practise (in whatever way you can) before you teach *Becka*