

BWYQ

Teacher Training Diploma [RQF]

York, 2020 - 2023

Tutor: Jayadhara (Jane Cluley)



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 British Wheel of Yoga Qualifications (BWYQ) course I'm offering will run for over three years from September 2020 – July 2023 starting with a 90-minute Intro session by Zoom. Early September – date tbc.

I have been practising yoga since my late teens and have a broad experience of traditions including Iyengar, Sivananda, Ashtanga, Structural Yoga and Ayurvedic Yoga Therapy, Mindfulness and Satyananda Yoga in-depth. I have been teaching since 1988, have an MA in Yoga Philosophy and am a BWY 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 my own experience and practice. I have visited India many times, lived in ashrams there to deepen my understanding and continue on my own yoga and self-development journey.

Course Details

The Diploma Course is recognised worldwide as a comprehensive 500-hour course within RQF Level 4 framework designed to train committed yoga practitioners to be safe and effective teachers. Teaching yoga integrates art, science and spiritual guidance; it brings together knowledge and experience from your own practice, research and professional teaching skills. The course will equip you with skills to teach a wide spectrum of students and to help them develop their practice for many years with emphasis on using a 'staged approach'. For over 50 years, BWY has promoted yoga practice and enjoyment for all and is the National Governing Body for Yoga.

The course covers *all* areas of teaching yoga, *teaching you how to teach*. The approach is *non-dogmatic* so that you can develop in the way and style that is appropriate to 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 course is non-graded with emphasis on competence to teach yoga. You are asked to attend all course days; minimum attendance is 80%.

The course is in eight units plus a pre-course unit on essential anatomy and physiology with a minimum of 255 tutor contact hours.

Course Units

- Unit 1** Teaching of simple asana and applied anatomy and physiology
- Unit 2** Teaching yoga breathing practices and relaxation
- Unit 3** Planning for teaching and responsibilities of a yoga teacher

- Unit 4** Planning and delivering of a 10-week yoga course
- Unit 5** Teaching stronger asana: observation, adjustment and protection of vulnerable areas of the body
- Unit 6** Hatha yoga, pranic system, pranayama practice and teaching pranayama

- Unit 7** Teaching and philosophy of meditation and classical texts
- Unit 8** Progression in yoga, development of teaching skills

Course Overview and Specification

Further information, course overview and specification are available via this link.

[http://www.bwyq.org.uk/information/106/BWYQ_Level_4_Diploma_in_Teaching_Yoga_\(RQF\).htm](http://www.bwyq.org.uk/information/106/BWYQ_Level_4_Diploma_in_Teaching_Yoga_(RQF).htm)

Specification is currently being revised and it may change slightly before the course starts.

Course structure

The course will consist of monthly Saturday meetings 9.00am – 5.00pm, one non-residential and one residential weekend over three years. Meetings will take place via Zoom if Covid-19 guidance necessitate. Students are asked to continue regular attendance at weekly classes preferably with a BWY teacher; follow home study and home practice schedules; to complete written work and prepare presentations and micro-teaching sessions to be given during course days.

All course days are tutor-led, but you will be actively involved throughout the teaching and learning process, with group work, practice and home study. You will be asked to reflect upon your own practice and teaching, develop reflective skills to build on your strengths and address areas for improvement as needed. After 9-12 months you will be encouraged to set up your own yoga class and will learn a great deal from teaching your own students and considering what went well and what could be improved on.

Places are limited to a maximum of 18, to ensure individual attention. Zoom Intro, followed by Induction and optional private interview will give 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, preferably completed a BWY Foundation Course or equivalent, or regularly attended yoga workshops, seminars or residential.
- Attend an Intro session by Zoom and an Induction day. At this stage you are seriously considering if you would like to progress further before committing yourself.
- Complete an application form and return by email.
- Join the BWY as a student teacher, pay the course deposit and registration fees prior to the first course day.
- Complete BWY Essential Anatomy and Physiology (Level 3) course before starting or during the first 3 months of the course. Recognised prior learning (RPL) can be given to those who have a recognised A&P qualification.
- Computer literacy – as all work is presented and assessed electronically, you will need to be able to use Word documents, communicate by e-mail with attachments and keep an electronic portfolio of your work.

- Before starting your own yoga class, you will also need to complete First Aid Training through local St. John's Ambulance, Red Cross, or BWY organised course.

"This is the best course I have ever attended in terms of teaching received and also in terms of my own personal development" Helen T, York

Course Set Books

All students are required to own the following 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

Information about these will be given during the introduction. Students often find it beneficial to purchase additional books, a library display and suggestions will be offered during the course.

Intro by Zoom

A Zoom link will be sent for you to join the 90-minute meeting. Please liaise with the tutor about your availability.

Venue & Dates for 2020

Venue will be in the York area, possibly Husthwaite Village Hall YO61 4PF.

26 & 27 September

24 October

14 November

5 December

16 – 18 April 2021 – Residential weekend at Ampleforth Abbey

Other dates tbc after course registration



Course Costs

Intro by Zoom £5 **Induction day and Interview** £40

Diploma Course Fees

Units 1, 2 & 3 £1950

Units 4, 5 & 6 £1250

Units 7 & 8 £1050

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

Course fee *includes* 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 (non-refundable) *£650

30 monthly payments @ £120 **Total £4250**

* 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

Intro & Induction	£45	
Residential weekend	£150	an essential part of the course
BWY Anatomy & physiology online course	£25	
BWY Registration fee	£150	via BWY online SRS
BWYQ Registration fee	£150	via BWY online SRS
BWY Student teacher Membership <i>annually</i>	£94	currently, includes insurance
Set books - approx.	£90	pre-owned may be available
First Aid certificate	£60-120	
Tutors travel to observe class teaching	45p per mile	

Course registration fees for BWY and BWYQ are payable when registering on BWY Student Registration System (SRS). At this time, you will also be upgraded to student-teacher membership by paying an insurance premium.

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

Although course fees are substantial, you are obtaining an in-depth professional qualification and will also be encouraged to commence teaching a class after 9-12 months, so you will be 'earning as you are training'.

To Apply

1. Complete Word application form in and return by email attachment.
2. Send your Intro and Induction fees as soon as possible to help with course administration.

Cheques payable to Jane Cluley or by BACS payment to Sort Code 09-01-27 account 38203361

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