

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 with an Introduction day 12 July 2020.

I have been practising yoga since my late teens and have a broad experience of traditions including Iyengar, Sivananda, Ashtanga, Structural Yoga Therapy, Mindfulness and in particular Satyananda Yoga.

I have been teaching yoga 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 will continually be on my own yoga and self-development journey.

Course Details

For over 50 years, BWY has promoted yoga practice and enjoyment for all and is the National Governing Body for Yoga. 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 range of students and to develop their practice for many years.

The course covers asanas, scientific principles of movement (kinesiology), pranayama and philosophy. 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 will give access to competitive insurance and entitle you to join the Register of Exercise Professionals (REPs). It is in eight units plus a pre-course essential anatomy and physiology unit; 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 is 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 and one weekend residential during the three years. 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 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, develop reflective skills to build on your strengths and address areas for improvement as needed. From the second year 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. An introductory day and 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 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.
- Attend an Introductory - Induction day
- Complete BWY Essential Anatomy and Physiology (Level 3) online course prior to, 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.
- Be computer literate – 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.

Selection Process & Introduction Day

Complete and return your application form by email before coming to the Introductory day. 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 meet and interact with you. I will also set you a small piece of written 'homeplay' 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 will need to join the BWY, pay the course deposit and registration fees prior to the first course day.

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

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

Induction Day

Shipton Community Centre, Main St, Shipton-by-Beningbrough, York YO30 1AA
Sunday 12 July 2020 9.00am – 5.00pm

If you cannot attend the Introductory day, but are still interested, please contact the tutor.

Venue & Dates for 2020

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

Introduction Day and Interview £45

Diploma Course Fees £4250 payable in instalments by standing order

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

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| Induction day | £45 |
| Residential weekend | £150 – an essential part of the course |
| BWY Anatomy & physiology online course | £25 - from 1/1/20 |
| BWY Registration fee | £150 – payable by online booking system |
| BWYQ Registration fee | £150 – payable by online booking system |
| BWY Student teacher Membership <i>annually</i> | £94 - currently, and includes insurance |
| Set books - approx. | £90 second hand may be available |
| First Aid certificate | £60–120 |
| Tutors travel to observe class teaching | 45p per mile |

BWY and BWYQ Course registration fees of £150 each are payable when you register on BWY website using the Student Registration System (SRS). At this time, you will also be upgraded to student-teacher membership which includes 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 at the start of the second year of the course, so you will be 'earning as you are training'.

To Apply

1. Complete the application form in Word and send by email attachment.
2. Send your £45 fee for Introduction, Interview and Induction 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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