

# BWYQ Certificate Course, 290-hours

## BWYQ Diploma Course, 500-hours, York

### Starting: 17 July 2021 [RQF Level 4]

### Tutor: Jane Cluley (Jayadhara)

#### Why do you want to become a yoga teacher?

- Connect more deeply with your own practice?
- Share the physical, mental, emotional benefits?
- Share your interest and passion with others?
- Bring yoga to a particular group of people?
- Gain self-confidence and a wide range of transferable skills?
- Change your perspective on life and seek new opportunities?
- Everyone will have their own individual and evolving reasons

#### Why pick a BWYQ course?

- It covers *all* areas of teaching yoga, and “teaches you how to teach”
- Non-dogmatic approach, empowered to develop your own unique yoga voice
- There is support and encouragement throughout your journey
- Thorough training, become equipped to teach wide spectrum of yoga students
- Feel confident in a wide range of yoga classes and circumstances
- Tutorial and reflective time is built into the course
- Course invests time and personal guidance to a small group
- You are actively encouraged to start teaching early on and set up your own class during the course
- Peer support from the course may last a lifetime
- BWY and its tutors have an excellent reputation built up for over 50 years
- Level 4 course is equivalent to the first year of a foundation degree
- BWY offers a range of continuing professional development (CPD) events

*“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*

#### Meet your 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.

I have been practising yoga since my late teens and have a broad experience of traditions including Iyengar, Sivananda, Ashtanga, Yin, 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 will bring all my know-how to this, my fifth yoga teacher training course. I have visited India many times, lived in ashrams there to deepen my understanding and still continue on my own yoga and self-development journey.

I'm also a keen gardener, nature lover, cyclist and love to travel.

## Course Details

The BWYQ Courses in York are: Certificate 18 months and the Diploma Course 28 months beginning July 2021. They are:

- Designed to train committed yoga practitioners to be safe and effective teachers
- Build on knowledge and experience from your own practice
- Take your understanding and practice to a new level
- Integrate science of the body, skills of teaching and spiritual guidance
- Emphasise the use of 'staged approach' and making practices accessible
- Foster research and high-quality professional teaching
- Empower you as a teacher and expand your perspective on life
- Equip you with ways to develop your students' practice for many years
- Ask you to study hard, increase self-awareness and stretch your understanding
- Give opportunity to cultivate lasting friendships with like-minded individuals
- Amazing transformative journey
- Recognised worldwide as a comprehensive yoga teacher training courses

The courses are non-graded with emphasis on competence to teach yoga. You are asked to attend all course days; minimum attendance is 80%.

The Certificate Course is a minimum of 160 guided learning hours (GLH) with 5 Units and Diploma Course is a minimum of 255 GLH with 7 Units, mainly face-to-face, with some online learning via Zoom and recorded elements. Both are Level 4 courses within the Regulated Qualification Framework (RQF). The Diploma course includes the juicy heart of yoga such as the subtle energy body, pranayama and yoga philosophy building on the knowledge and skills developed in the Certificate course.

Students are also expected to have an understanding of anatomy and physiology at Level 3 through completion of BWY Essentials of Anatomy and Physiology for Yoga Teachers online course or equivalent, those with relevant previous learning can gain prior recognition.

## What is included in the Qualification?

Unit	Title	Certificate/ Diploma	GLH
<b>A1</b>	Professional Responsibilities of a Yoga Teacher	C & D	20
<b>A2</b>	Basic Breathing and Relaxation	C & D	20
<b>A3</b>	Preparation for Asana	C & D	30
<b>B</b>	Approaching Asana, Basic Breath control and Relaxation	C & D	60
<b>C</b>	Effective Planning, Teaching, Assessment and Evaluation	C & D	30
<b>D</b>	Classical Foundations of Modern Yoga Classical texts, subtle and energy anatomy	D	40
<b>E</b>	Incorporating Philosophy, Pranayama, Meditation and Advanced Asana	D	55

Further information, course overview and specification are available via the link below.  
[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)

## How is the course assessed?

All assessments are non-graded competence based, they cover practical teaching skills and knowledge elements. Constructive feedback will be given and any referred elements can be resubmitted when the necessary amendments have been made.

- **Formative assignments** from BWY or the tutor are for your encouragement, guidance and development of your teaching skills.
- **Summative assignments** are formally assessed against the course criteria and form the official evidence of the course and your range of competencies.

## Course Set Books

All students are asked to own the following set books:

- Asana Pranayama Mudra Bandha - Swami Satyananda
- Teaching Yoga - Essential Foundations and Techniques - Mark Stephens
- 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
- Preparing to Teach in the Lifelong Learning Sector – Ann Gravels

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

## How is the course organised?

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 develop reflective skills about your own practice and teaching, to build on your strengths and address areas for improvement.

- Monthly Saturday meetings 9.00am – 5.00pm, face to face
- Plus monthly Saturday/Sunday 4-hour recorded Zoom meetings 9am – 1pm (giving blended learning) and according to Covid guidance
- Students are asked to continue regular attendance at weekly classes
- Follow home study and home practice schedules
- Complete written work on time, prepare for micro-teaching to peers
- Set up their own yoga class and learn from their teaching experience

Blended learning is a balanced approach that can enhance and embed all learning. It allows you learn in the comfort of your own home, to listen back to the recorded content as many times as needed and to save on travel expenses. Several areas of the course are more effectively delivered online including elements from: role and responsibilities of a yoga teacher, asana analysis and principles of planning for teaching. It will also enhance your skills of being able to teach via Zoom yourself.

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.

- Maximum 18 students on the course to ensure individual attention
- Mandatory Zoom meeting, followed by Introductory Day and optional private interview will give the opportunity to consider the commitment, workload and then make an informed decision about the course
- Careful consideration is required before embarking on this inspiring, but demanding course

## Course Requirements

- Candidates need to have regularly practiced yoga for at least two years, preferably completed a BWY Foundation Course or equivalent, or attended yoga workshops, seminars or residentials
- Attend a Zoom meeting (13 June) and Introductory Day (19 June)
- Complete an application form and *return by email*
- Join the BWY, pay the course deposit and registration fees prior to the first course day (17 July)
- Complete BWY Essentials of Anatomy and Physiology for Yoga course (Level 3) before starting or during the first 3 months. Recognised prior learning (RPL) can be given to those with a suitable qualification.
- Computer literacy and access to the internet are needed for the submission of written assignments, to join Zoom meetings, and keep an electronic portfolio of your work. If you have a MAC, you will need to download Word as the file converter does not work for the course documents.
- Complete Emergency First Aid at Work Training before starting your own yoga class
- Cooperate with others in the group in the spirit of yoga

## Free Zoom Meeting

- Sunday 13 June 9.30 – 11.00am, an opportunity to meet the tutor, gain an overview of the course and ask questions

## Introductory Day

- Saturday 19 June 9am – 5pm, a chance to experience a typical meeting, sample some activities of a course day, clarify the main aspects of the course and course requirements.
- Alternative arrangements may be possible if you cannot attend on these dates

## Venue

Helperby Village Hall, York was built in 2000 has a light airy large practice space and is easily accessible from A1 and A19 in a quiet village location. Postcode YO61 2NS

## Dates 2021

13 June – Zoom Meeting

19 June – Introductory Day

17 July

24 July Zoom

18 September

25 September Zoom

16 October

23 October Zoom

20 November

27 November Zoom

4 December

December - No Zoom meeting

Other dates tbc after course registration



## Course Costs

Zoom meeting	Free
Introductory day and interview	£40

<b>Certificate Course Fees</b>	Units A, B, C	£2400
<b>Diploma Course Fees</b>	Units A, B, C, D, E	£3990

Fees may be paid in instalments: Certificate Deposit £600\*, Diploma Deposit £690\*  
\*Deposit is non-refundable and is to be paid as soon as possible after acceptance on the course to confirm your place.

- Certificate 12 monthly payments of £150
- Diploma 22 monthly payments of £150

**Please note that registration and fees already fee paid are non-refundable**

Course fees *include* all tuition, handouts, support, written and practical assessments, and one (Certificate) or two (Diploma) class assessments (travel expenses are extra).

## Fees do not include

BWY Anatomy & Physiology online course	£25
BWY Registration fee	£150 via BWY online SRS
BWYQ Registration fee	£150 via BWY online SRS
BWY Membership <i>annually</i>	£37 + £57 Student Teacher Insurance
Set books - approximately	£90 pre-owned may be available
First Aid certificate	Variable
Assessors 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 as part of the course, so you will be 'earning as you are training'. I'm pleased you are considering this course and look forward to your application and supporting you on your journey.

## To Apply

1. Complete Word application form in and *return by email attachment*.
2. Send your Introduction day fee as soon as possible to help with course admin.

Cheques payable to J Cluley or by BACS payment to Sort Code 09-01-27 account 38203361 (Santander business account).

## Postal Address

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