



BRITISH WHEEL OF YOGA
Teacher Training Diploma Course
Introductory Day with Tutor Laura Bissell
7 February 2009
09.00 – 17.00
£35

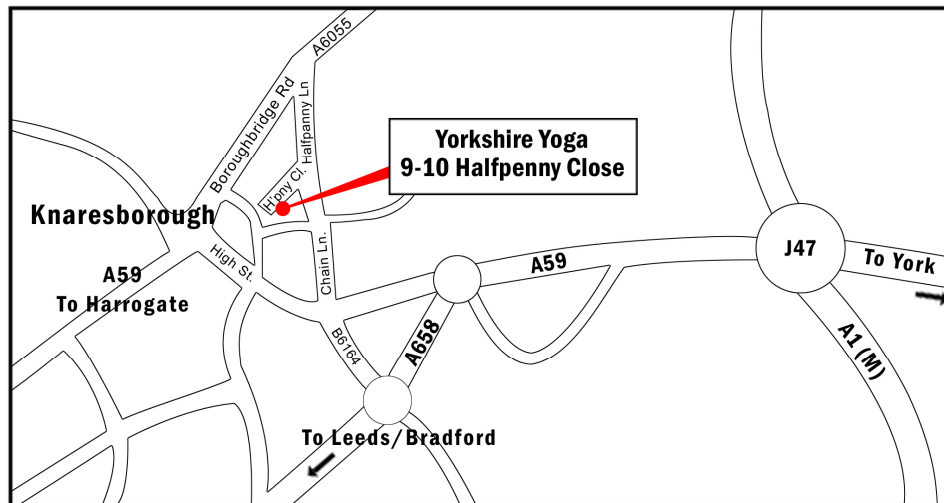
Introductory Day

This day is aimed for students interested in undertaking the BWY Diploma Course training. It will resemble (as closely as possible) meeting days of the actual course so that participants acquire a feel for the course itself.

The day is designed to provide prospective course applicants with a sense of what the BWY course entails, in terms of content, volume of work and commitment required to complete the course. It is also an opportunity to meet the course tutor in person and to decide whether the location, travel, people suit the prospective student's present needs.

Venue

Yorkshire Yoga & Therapy Centre, 9-10 Halfpenny Close, Knaresborough HG5 0TG
Tel: 01423 864343



Diploma Course Tutor

Laura Bissell Phone: 01423 870984 Email: laura@yorkshireyoga.co.uk

Laura has taught yoga since the mid-nineties and is a BWY Foundation Course and Diploma Course Tutor in addition to having post-diploma qualifications in BWY Yoga for Pregnancy, BWY Pranayama and BWY Ayurveda. Laura is the founding director of Yorkshire Yoga, a registered charity with dedicated yoga centre premises that have achieved BWY-Approved Centre status. She is also a qualified YfH Remedial Yoga Teacher, Modern Pilates teacher, Birthlight Baby Yoga teacher and Union Yoga Ashtanga teacher. Originally from the United States, Laura has a degree in Drama from the University of Texas and, in addition to teaching yoga in schools, she has also taught Drama in secondary schools throughout England. She has lived in England since 1988.

About the BWY

The BWY is the governing body for yoga in the U.K. as recognised by Sport England and the Central Council for Physical Recreation (CCPR). The BWY “promotes the good, safe practice of yoga through trained, qualified and experienced teachers”.

Should you undertake the course, you will be required to have studied yoga in a class for at least two years and to join the BWY as a student teacher. For more information about the British Wheel of Yoga, please see www.bwy.org.uk.

An overview of a BWY Diploma Course

The Diploma Course is designed to prepare you for teaching yoga. All of the course content is relevant to teaching. The course lasts for three years 30 monthly meetings and one residential weekend. There are breaks over the summer holiday and Christmas periods. The course is structured into four units with the following subject areas:

Unit 1	Anatomy & Physiology related to yoga practice, stress & relaxation, nutrition, basic breathing and the setting up of a yoga class
Unit 2	The Hathayogapradipika, Prana, Pranayama, Mudras, Bandhas, Chakras and Observation and Analysis in teaching
Unit 3	Yoga Philosophy, Concentration, Meditation, Mantra and the issues of Health and Safety in Teaching and First Aid
Unit 4	Professional Studies and Practical Aspects of Teaching Yoga Postures

The course involves both written and practical components. The former are designed to develop your knowledge in areas pertinent to teaching. The latter are aimed to improve your working knowledge and your ability to start teaching different aspects of yoga to small groups of students in an environment in which you feel comfortable.

In addition, there are three teaching practices which you will undertake with a group of students. This can either be an existing group of students (someone else’s class to start with) or a group who have come together specially for this occasion of your teaching practice. These teaching practices will be overseen by qualified teachers in the first two instances and by a Diploma Course Tutor in the final instance.

You will be encouraged to start teaching at least mid-way through the course. This will involve either setting up your own class or teaching under the auspices of an LEA or Health Centre. This means that by the time you have completed your course, you will be well into the swing of teaching.

The course is a pass/fail course, although you will have an idea of how you are progressing based on your performance of written and practical work on the course. You will receive feedback from your course tutor, fellow students and from your class assessors.

You will be awarded your Diploma once you have satisfactorily completed all aspects of the course.

Outlining what students will learn

The Introductory Day will explain:

- How students will learn to analyse a range of asana on the course and to teach these safely.
- How students will also study kinesiology, anatomy and physiology in relation to yoga.
- How the various systems in the body assist the coordination of breath and movement
- How students will acquire a range of techniques which will allow them to teach deep relaxation as well as efficient and effective breathing.
- How basic understandings of pranayama will be expanded through a personal practice plan that allows students to gain further experience and insight into this aspect of yoga.
- How the course will also teach relaxation, meditation and mantra and methods of incorporating these into teaching.
- The importance of yoga philosophy
- The emphasis placed on professional training so that student teachers learn how to teach and to consider ways in which people learn.

The Introductory Day will also allow potential student teachers to learn more about the written work that will be required on the course.

Following a talk on the Respiratory System, there will be an opportunity to complete a sample A&P worksheet and, following a talk/discussion on Understanding Stress, a short essay will be assigned which can be sent in afterwards.

What to bring

- **Paper and pen.** (There are yoga mats, blocks, blankets, etc at the yoga centre that you can borrow.)
- **Wear stretchable clothing** suitable for yoga practice and be prepared to work with bare feet.
- **Veggie Bring & Share Lunch**, so please bring something that can be shared amongst the group. (Herbal and normal tea, coffee, water provided.)
- **Favourite inspirational book.** As a way to get to know each other, please bring a book that has helped you on your yoga journey and be prepared to say a few words (no longer than 2 minutes) about why you like it and how it has helped you. (This doesn't have to be a yoga book. It could be a book of poetry or a children's book, a self-help psychology book or a book of philosophy, or a novel... whatever!)

How to sign up for the day

Print off the attached Application Form, fill it out and send to:

Laura Bissell
16 Leadhall Grove
Harrogate
HG2 9ND

Please also enclose your cheque, made payable to Laura Bissell, for £35.