

BWYQ LEVEL 4 YOGA TEACHER TRAINING DIPLOMA COURSE 2012-2014

The British Wheel of Yoga is the Governing Body of Yoga in the UK as recognised by **Sport + Recreation Alliance (formally Sport England)**. For over 40 years it has promoted the practice and enjoyment of yoga for all.

The **BWYQ level 4 Diploma** is recognised the world over as being the bench mark for yoga teaching. It is a comprehensive course which takes place over 2 years (minimum), covering 500 hours, of which a minimum of 240 hours are tutor contact hours.

The BWYQ Diploma Course is currently the only yoga teacher training course available at Level 4 within the National Qualification and Credit Framework. This means that the Diploma is nationally accepted in the private and public sectors and can form part of your portfolio of qualifications. Upon successful completion of the course you will be awarded a **BWYQ Diploma**.

COURSE CONTENT

- Kinesiology
- Practical application of A&P to ensure safe teaching
- Sensitive and appropriate modification of classical postures to ensure all students' needs are met
- The business of setting up your own yoga class and encouragement to get you started
- History and philosophy of yoga with reference to 4 key set texts
- The energetic aspects of yoga, to include chakras, mudras and bandhas
- All aspects of professional teaching, including lesson planning, course planning, assessing your students, class management and the teaching of adults.
- The practice and teaching of pranayama and meditation
- Introduction to Sanskrit pronunciation and chanting
- Ongoing personal development through practice and study
- Lifestyle application of "on the mat" yoga to "off the mat" yoga

COURSE STRUCTURE

The course is structured into 3 Parts, with certification upon successful completion of each Part, spread over 2 years. We will usually meet on Saturday and Sunday every other month, with the exception of monthly meetings in September, October, November of 2012 and 2013.

You are required to attend a minimum of 80% of each Part.

Once you register as a BWY student teacher at the outset of the course, you are insured to teach and will be encouraged to do so as soon as you feel ready. You will need to complete first aid training in Part 1 and in order to maintain your teaching insurance your first aid certificate will need to be kept up to date for the duration of the course and throughout your teaching career.

As part of your training, you will be required to attend a regular weekly yoga class with a suitably qualified teacher, as well as yoga events from time to time. A key feature of the course is the small size of the study group, maximum 16 students, thus ensuring a personal approach and more time for individual input.

The principal tutor is Laura Bissell who has been practising yoga for over 35 years and teaching yoga for more than 15 years. The course emphasises an ongoing trusting relationship with your tutor and, more especially, with your fellow students with whom deep supportive relationships are built up over the study period.

VENUE

The venue is the Yorkshire Yoga & Therapy Centre in Knaresborough, just 3 miles from Junction 47 of the A1(M). Yorkshire Yoga & Therapy Centre is the BWY Approved Centre in the north of England and recently won the BBC Power of Sport Award.

PRE-COURSE REQUIREMENTS

- 2 years of regular yoga practice with a recognised yoga teacher
- BWY Foundation Course preferred or equivalent, but this is not mandatory
- A recognised Anatomy & Physiology qualification – it is possible to achieve this through the BWY.
- Good IT skills are a must. All work is presented and assessed electronically and it is essential that you are able to communicate by email.