



British Wheel of Yoga (BWY) Certificate in Yoga Teaching JULY 2018-JULY 2019

Dear Prospective Student

Thank you for your interest in the British Wheel of Yoga Certificate in Teacher Training. You have made a good choice. The British Wheel of Yoga (BWY) is the governing body of Yoga in the UK and its teacher-training courses meets high OFQUAL standards. By completing a BWY teacher-training course, you can be confident that you will have been trained by some of the best teachers in the profession, to pass on your skills and knowledge to the next generation of practitioners.

This pack

This pack contains all the information you need before you commit yourself to training with us and the BWY. We have included as much detail as possible to help you decide if this is the right course for you, and to enable you to plan your finances and time commitments well in advance.

As this is only a 12-month course, it will be intensive. There is a great deal of work and you will need to make time for assignments and practice as well as setting up and teaching a class. The course is approximately **160 contact hours plus another 150 hours of self study**. It will run on Saturdays and Sundays (10.00-5.30pm) approximately once every 3-4 weeks. There will also be one 3-day Residential in April 2019.

Certificate Versus Diploma

The Certificate in Yoga Teaching is a relatively new qualification designed to meet the needs of aspiring Yoga teachers who require foundational skills to start running general classes for the public at large. You will learn all the essential skills such as:

- Course planning
- Lesson planning
- Posture profiling
- Legal and Professional aspects
- Marketing

and the basic philosophy that underpins modern Yoga practice. It is a very practical course that will equip you with all the tools you need to confidently get out there and teach.

The Diploma course includes all the skills and knowledge contained in the Certificate but more time is spent integrating Yoga philosophy and developing a wider range of teaching skills. It will be possible to undertake further courses in the future should you wish to upgrade your Certificate to a Diploma.

Ayurveda

The course we have put together is as much about your own personal development as it is about becoming a teacher.

As we are both Ayurvedic practitioners, there will be a strong component of Ayurveda in this programme so you will be expected to have a foundation in the basic principles of Ayurveda to ensure that you are able to follow the various references that will be made to Ayurveda throughout the programme. If you do not have a foundation in the basic principles of Ayurveda, you will be able to attend our 6 day Ayurveda Module that immediately precedes this training course.

The BWY Ayurveda Module runs from April to June 2018. Please request a separate Student Pack for this. You will need to have had at least 5 days training in the basic principles to be able to cope with the material.

Experiential Learning and Early Teaching

At the BWY we believe that you learn best by doing and you will be expected to start teaching very early in the course. The beauty of BWY Teacher Training courses is that you are insured to teach from Day 1 as a Student teacher (on condition that you have an Emergency First Aid at Work Certificate which you can attain in a day). Many students use the course as a way of gaining ongoing mentoring whilst building up a career in teaching Yoga.

Having said that, as this is only a 12-month course, our main priority is to train you to teach Yoga not merely to practise it.

This course is not suitable if you are only looking for personal development as all practical work will have a teaching focus of some kind. For personal development only, consider a BWY Foundation course or one of the BWY specialised Modules.

Basic course information

Course duration: Approximately 12 months (June 2018-July 2019)

Day: SATURDAYS and SUNDAYS (approximately once every 3 weeks.)

Time: 10.00am- 5.30pm

Place:

Hazelwood Nursery

19 Bluehouse Lane

Oxted

RH8 0AA

Please click [here](#) for the location:

Dates:

2018	10am – 5.30pm
Introductory Day:	Saturday 17 March
Induction	June 30 th and July 1 st
	September 15 th and 16 th
	October 13 th and 14 th
	November 10 th and 11 th
	December 1 st and 2 nd
2019	
	February 2 nd and 3 rd
	March 15 th and 16 th
Residential	April 11 th – 14 th
	May 11 th and 12 th
	June 8 th and 9 th
	July 6 th and 7 th

Costs for BWY Certificate

Item	Cost (±)	Date due
Introductory Day	£50	Directly following your interview
Deposit (non-refundable) (Includes one Assessed Teaching Practice fee)	£1150	May 10th 2018
Remaining Fees (excluding deposit)	£1000	£100 monthly by Standing Order for 10 months commencing 1 July 2018
First Aid Course	£variable	In first 6 months, prior to teaching (fees paid directly to provider)
Total Cost	£ 2200	
Other costs		
BWY Registration Fee BWYQ Fee BWY Membership Fee (including insurance, renewable annually)	£100 £100 £76.00	(May 10 th 2018)
Books: Estimated minimum	£100	Continuous
Personal development (attending other yoga courses and classes to maintain your own practice)	Variable	Continuous
BWY Anatomy and Physiology Correspondence Course	£75	First Part of course or prior
Residential 2019 (3 days)	Tuition included. Travel and accommodation costs TBA. ± £300	Spring 2019

Initial Costs

The Introductory Day fee of £50 is payable following your interview and upon an offer of a place on the Day.

£1150 is payable upon acceptance onto the course. This includes your Assessed Class Teaching fee and is non-refundable.

A Standing Order of £100 for a period of 10 months to cover the remaining £1000, commencing in July 2018 is required.

All administration fees following the Introductory Day and upon acceptance onto the course are due directly after the Introductory Day and to secure your place on the course.

In the event of a lapsed payment, we reserve the right to suspend you from the course until such payments have been made and instalments are reinstated.

Attendance at the 2019 Residential is compulsory and constitutes 3 course days. Tuition costs are included in the overall course cost, however, travel and accommodation will need to be budgeted for separately. The retreat location will be easily accessible by road or rail.

When accepted onto the course, we will expect you to make a commitment to staying till the end.

BWY Membership

Please note that membership of the BWY is compulsory throughout your training. Should your membership lapse, you will no longer be insured to teach.

General Course Structure

The course syllabus attached with this pack provides a broad overview of course content. The qualification is divided into 5 Units of Competency. We have designed a completely integrated course with elements from all aspects of the qualification interwoven throughout.

Anatomy and Physiology

You will be expected to have a basic knowledge of Anatomy and Physiology before starting this course to be able to apply it to the teaching of Asana. Therefore, the BWY has commissioned a correspondence course in A&P by Ruth Gilmore that will be offered in the first few months of the course, or can be taken prior to starting. The A&P course is £75 and can be done online via the BWY website (www.bwy.org.uk) If you already have a background in Human Science, you may provide evidence (to be approved) to gain exemption.

Brief Outline of Syllabus

Unit 1: Applied Anatomy and Physiology and the Teaching of Asana

Unit 2: Yoga Breathing Practices and Relaxation

Unit 3: Planning for Teaching and the Responsibilities of a Yoga Teacher

Unit 4: Planning and Delivering a Yoga Course

Unit 5: Teaching Asana: observation, adjustment and protection of vulnerable areas of the body

A Competency-Based Qualification

This is a competency-based qualification. This means that you are being assessed on your skills and the knowledge that underpins those skills. As the course unfolds, you may find some skills easy to learn and others more difficult. Until you attain competency in a particular area, your work will be *referred* until you are competent. The term “referred” simply means that you have not yet demonstrated a skill or shown evidence of understanding a topic to the required standard. If an assignment is “referred” you will be guided to address the areas that have been identified and resubmit the work. If a practical assessment is referred, you will be re-assessed on the referred points over a period of time or on a particular day until competency is attained. By the end of the course, as you acquire experience and knowledge, you will become increasingly competent in all areas. Referrals are perfectly normal in this type of qualification to highlight areas in which you need to develop more skills. It is unusual not to be ‘referred’ during your training as becoming competent in teaching is the purpose of undertaking such a course in the first instance.

Assessment

You will be assessed by your tutors and peers in a variety of ways including:

- Written work in the form of Essays, Questionnaires, Quizzes
- Micro teaching to your peers
- Formal classroom teaching assessment

Your work will be presented in the form of an electronic Portfolio, which will be submitted at the end of each Unit. This portfolio will in turn be verified by an appointed IQA (Internal Quality Assurance) and possibly by an EQA. (External Quality Assurance)

To pass the course you will:

1. Complete and pass assignments for all five Units successfully
2. Pass all aspects of your Assessed Class Teaching (ACT)
3. Attend at least 80% of the course.

The qualification guidelines have been included in the attachment - BWYQ Teaching Diploma Qualification Specification. This includes detail of assessment of skills and knowledge developed on the course.

Late submission of work

The course runs on a very tight schedule and late submission of assignments causes delays. If a unit of work is not submitted by a due date, the candidate will be referred on the evidence needed for that section of the course. To encourage prompt submission of work, you will be charged **£15** for every late submission unless an extension has been previously requested and accepted. Any monies raised by the end of the course will be used to celebrate your success or put towards a worthy cause.

Residential

Residentials are an invaluable way of deepening your personal practice and focus on the course. In the absence of usual daily distractions, you will be able to dive deeper and create a truer connection with yourself to awaken your Ayurvedic Prakruti. This is an essential aspect of becoming a Yoga teacher. Without this connection, teaching comes from the head not the heart. Teaching Yoga is much, much more than a technical exercise.

We have planned a 3-day Residential on this course. The Residential dates can be negotiated. It is however, likely to take place in Spring 2019.

Health issues

If you have any ongoing health concerns, we recommend you check with your doctor about the suitability of this course. As we are not medical doctors, we cannot take responsibility for your health.

Examples of possible health concerns include:

- Unmedicated High Blood pressure
- Epilepsy
- Asthma
- Diabetes
- Heart disease
- Cancer
- Arthritis
- Ongoing back pain

Complaints procedure

If you have a complaint to lodge during your training, first and foremost, you should try and resolve it with us directly. If this fails, it will be referred to the Verifier allocated to the course and thereafter to the Complaints committee. You will be sent a separate pack from the BWY to cover other policies in detail.

How does this course compare to other courses?

There are other good quality teacher-training courses but these are the features of a BWY course that may influence your decision to make an application.

1. This course is to train you to become a **safe and competent** Hatha Yoga teacher. The course we teach is consistent with the BWY's eclectic approach. We will not be teaching you in one tradition alone. We both have extensive experience of working with a wide range of teachers from most of the main Yoga traditions today. Our aim is to guide you in your own tradition and help you find your own inspiration in Yoga.
2. We are both **Ayurvedic practitioners**. Ayurvedic practice and philosophy has heavily influenced the ways we teach Yoga and many elements of Ayurveda will be explored on the course. You can find out more about our work by visiting our websites.
3. Some courses are short and intensive with very large groups such as Sivananda and Bikram. These courses have their value of course but we believe that to become a safe and competent Yoga teacher you need **time and personal guidance** to develop. Even a one year course is considered short but provides enough of a foundation for you to at least start your journey.
4. On some courses, you are not supposed to teach till the course ends. On BWY courses, we actively encourage students to set up classes from early on in the course. Once accepted onto the course and fees are paid, you will have a "**provisional**" **student-teacher licence** on condition that you have completed a one-day Emergency First Aid at Work training.
5. You will receive **email and peer support** from your tutors and peers from the start of the course. An email account and computer facilities are required on the course, which entails electronic submission and marking of assignments, as well as an electronic folder of evidence. The BWY offers a range of post-diploma training and CPD courses to maintain and develop your skills as a teacher in the future. Taking this course will provide you with a peer support network that may last a lifetime.

Frequently Asked Questions

1. I'm worried about setting up and running a class. Will I have help with this?

This is probably the biggest anxiety that students have about the course. You are required to teach a total of 15 hours on this course 10 of which must be with groups of no less than 6 people. You will gain all the training you need to set up a class including marketing ideas as well as legal and professional considerations. You don't have to set up a class for the public. You can teach anyone including friends and family. In the past, students have borrowed their own teacher's classes, taught their work colleagues during lunch time and after work, taught in their local church or community centre, set up small classes in their living rooms and even taught one other. There are many opportunities to teach so you needn't worry about this. Yoga Junction in London run a community class that you may borrow. Teachers in other areas may be equally willing to avail their classes.

2. Is the qualification recognised?

BWY qualifications stand on their own as high quality teaching qualifications. The standards set by the BWYQ Awarding body are accredited by OFQUAL, and are considered the Gold Standard of educational excellence in Yoga Teacher Training in the UK.

3. Can I do the extra modules if I decide that I want to gain the full Diploma instead of just the Certificate?

The Certificate is a new qualification, which offers 5 of the 8 units that constitute a Diploma. Some of the philosophy covered in units 6-8 will still be covered but will not be assessed. This means that you can sit back and enjoy this part of the course without worrying about how you will write an essay. If you do decide however that you would like to complete the full Diploma there will be courses on offer in the not-too-distant future for you to gain the extra credit.

4. Do I have to do the retreat?

Having worked with many students on numerous courses, the feedback has always been overwhelmingly in favour of a retreat. It offers the opportunity to immerse yourself in integral Yoga that interweaves Asana, Pranayama, Mantra, Chanting and Meditation. As this training has been so beneficial to students, we have decided to make it compulsory (extenuating circumstances aside).

5. Can I do the Certificate course without doing a Foundation course first?

Both the Certificate and Diploma courses are quite intensive so it is not possible to train you in the foundations of Yoga practice as well as how to teach it. You should have had several years experience of Yoga behind you at the very least and ideally a Foundation course under your belt. We do accept students with an appropriate background who haven't done the Foundation course but only where there is evidence of other relevant, prior experience related to bodywork, dance, therapy, and/or spiritual practices like Tai-Chi or healthcare. If you have had little experience of Yoga or any related subject, this course is not suitable for you until you have developed a strong foundation from which to teach.

A few years' experience of Yoga practice and a background in Ayurveda are minimum criteria for this programme.

The Application Process

Pre-requisites:

To have a chance of making a successful application, you will:

1. have completed a BWY Foundation course or similar. This is not compulsory but those without some Foundation in Yoga Philosophy will be disadvantaged.
2. be competent in both written and oral English (Minimum standard Cambridge First Certificate)
3. be computer literate. Handouts will be sent electronically and all correspondence between course days will be by email. You will need to complete an electronic portfolio for each Unit of the course.
4. be attending a regular Yoga class
5. have time and commitment for the course (at least one day a week)
6. have practised and studied Yoga for at least 2 years.

Introductory Day

If your application and interview are successful, you will be offered a PROVISIONAL PLACE to be finalised at the Introductory Day on 17th MARCH 2018 at which all aspects of the course will be covered. This will give you a chance to work with us, get to know our teaching style and understand what is expected of you on the course before you commit yourself and we commit to you! It will also give us a chance to see you practise Asana and assess your suitability for the course. Should you wish to proceed with the course by the end of the day and you have been approved, Registration fees, deposits and remaining initial costs will be due by the 10th May. You will be sent a confirmation letter outlining the costs and how to pay them.

The Introductory Day itself is £50. This fee is due following your interview and as soon as we offer you a place on the Introductory Day.

How to apply

1. Please fill in the attached **application form (below)** and return it electronically.
2. Complete the **short assignment** attached and return it electronically. As the course requires word-processed documents, this is the nature of the application process.
3. If you have completed a Foundation course, we require a **copy of your certificate** scanned and sent online.
4. If you have not done a Foundation course, we require a **REFERENCE** from your current Yoga teacher recommending you for the course.
5. If you are doing the Ayurveda Module, a reference is not required.
6. If your application is successful, we will invite you for a Skype **INTERVIEW**. If you have never worked with us before, you may wish to attend one of our classes or Yoga Days.
7. Once you are through the interview stage, your payment of **£50** is due to qualify for the **Introductory Day**.
8. The final stage of the application will be to attend the **INTRODUCTORY DAY** in MARCH.

We very much look forward to receiving your Application form and thank you for choosing the BWY to become a Yoga Teacher!

ABOUT US

Cathy-Mae Karelse



I am a qualified Ayurvedic Practitioner (2007), Yoga Teacher Trainer (2005), Yoga Therapist (2008) and Mindfulness Teacher Trainer (2012). I mainly train Mindfulness Teachers, Yoga Teachers, Yoga Therapists and work for [Clear Mind Institute](#) which oversees an online [Ayurvedic independent learning Module](#). I blend yoga, mindfulness and Ayurveda to ensure a holistic approach to attaining and maintaining good health. I am currently enrolled as a PhD scholar at SOAS and plan to complete my research on Mindfulness in 2018.

Tarik Dervish



I am a qualified Ayurvedic practitioner and a qualified and experienced Yoga Teacher/Trainer. Apart from Teacher Training course, I also run courses in Ayurveda for Yoga practitioners and run an Ayurveda clinic in Kings Cross. I also run workshops in Yoga and Ayurveda on other training courses around London and the South East. I've been teaching Yoga since 1997 and have had a wide variety of training including Iyengar, Satyananda and Sivananda traditions. My main approach is to help students establish a sound physical practice that is appropriate for their Constitution as a foundation for deeper, more subtle meditative work. For more information please visit my website www.yogawell.co.uk

Application Form (below)

Written Assignment (below)

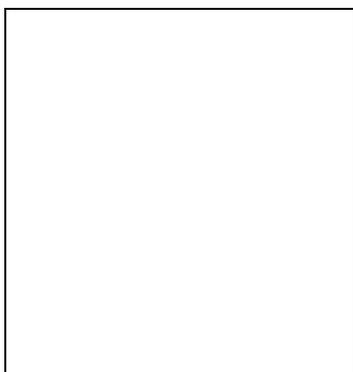
BWY Certificate Overview and Syllabus attached separately (PDF)



British Wheel of Yoga
 Certificate in Teacher
 Training JULY 2018
Application Form

Strictly confidential.

Please insert a photo of yourself here. This is for identification purposes only.



BWY Certificate Application	Today's date:
Family Name	
First Name	
Date of Birth:	
Time of Birth: (if known)	
Place of Birth (town)	
Address (including borough)	
Phone	
Mobile	
Email address	

Years of yoga study

Experience in:

Asana

Pranayama

Meditation

Mantra

Yoga philosophy

Ashrams if any?

Ayurveda

Yoga teachers and style of yoga studied (including name of Foundation course tutor if appropriate)

Yoga courses/workshops/events attended in last 3 years

Why do you wish to take this course?

What do you wish to do after the course?

Academic background and relevant previous qualifications.

Occupation

Are you already teaching yoga? Or, have you taught before in other areas?

Please detail any circumstances which you feel may affect your participation in the course.

I hereby declare that the above stated information is true and I take full responsibility for any health conditions that may be affected by attending this course. I have read and agree with the Terms and Conditions as laid out in the Introduction.

Your signature

Date:

Please either email or return this form with your teacher's reference, copy of your Foundation Course Certificate and completed assignment (as a separate document) to: tarik@yogawell.co.uk and/or info@cathymae.com, scanning and attaching the required sheets.

The Written assignment:

In no less than 500 words (and a maximum of 600) write about what brought you to Yoga and how it has benefitted your life. Kindly set your computer to **1.5 line spacing** for this assignment (see Format/ Paragraph/ Line spacing), using Arial font, 12 point.

Name: