



# BWYT CERTIFICATE IN TEACHING YOGA COURSE OVERVIEW AND SYLLABUS

## Course overview

Welcome to the British Wheel of Yoga Certificate Course in Teaching Yoga. The aim of this overview is to provide you with an overall picture of what the course involves. Please read it through and raise questions you have with your Tutor.

### Structure.

The British Wheel of Yoga Certificate in Teaching Yoga consists of 5 required Units which together lead to a full Certificate in Teaching Yoga. The course is a combination of Tutor-led contact days and home study. In addition there is a requirement for a qualification in anatomy and physiology either by completion of the BWY home study course 'Essential Anatomy and Physiology for Yoga' or other equivalent study. You will be asked to visit the website to complete the Fundamentals of Anatomy and Physiology Course either before you begin the Certificate Course, or during the first three months of the course.

### Ethos.

The aim of the Certificate course is to equip you both professionally and practically to teach yoga asanas, breathing practices and relaxation to students with a wide variety of capacity and experience; with an underlying knowledge and a basic understanding of yoga principles and philosophy. You are also expected to continue to deepen your understanding and knowledge through your own personal practice.

Whilst course teaching is Tutor-led you are expected to develop as a reflective self-evaluative practitioner and teacher of yoga. As a consequence you will be actively involved throughout the course, in 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 and develop your own evaluative skills to build on your strengths and address areas for improvement as needed. In this way you can develop as an autonomous teacher of yoga.

### Assessment.

The course is non-graded with the emphasis on competence to teach yoga. All assignments will be either 'pass or refer'. If a piece of your work is referred, you can resubmit the assignment when the necessary amendments have been made, subject to the rules for referral and resubmission of written work. Your tutor will support and advise you through this process.



As well as completing assignments, you will be observed on your teaching practice. This can feel a stressful experience, but please see it as a way of improving your teaching and enhancing the knowledge, understanding and skills you need to be a good teacher. All who teach, however experienced, can benefit from review of what they do. Some of the teaching practice is informally assessed, but where it is a formal teaching practice observation you will receive a 'pass or refer'. If you are referred, you can be re-observed, subject to the rules for referred teaching practice. Your tutor will support and advise you.

Along with the formally assessed assignments, your Tutor will set informally assessed tasks that may be in the form of group work, pair work or individual home study. Integral to this will be the need to evaluate your own practice, and progress through your own reflective self assessment and through the feedback of your peers. You are required to keep a portfolio showing your learning progress.

During the course you are required to record at least 15 hours of teaching, planning, content, assessment and reflective evaluation. At least 10 teaching hours must be in formal class teaching. You are expected to keep a record of all teaching you do.

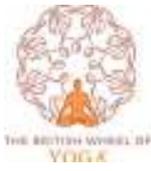
As a foundation for study you will be asked to buy a selection of books. BWY has a list of recommended texts and your tutor will give you guidance on those preferred for their course. As a minimum you will need copies of the Yoga Sutra of Patanjali as well as books on asana, and books which contain information on breathing practices, relaxation and meditation.

### **Student Support.**

Your Tutor is there to help and support you throughout your learning and to give feedback on your progress. Your peer group will also become a source of support, shared experience and shared learning. Other support and information is available through the BWY website, In Service Training events and Regional events held by the BWY.

### **Attendance Requirements**

You are expected to attend all course days and you should only be absent for good reason. Except where Special Considerations are in evidence, you are required to register 80% attendance. If you miss course days it is your responsibility to make up the content. This may be done in a variety of ways including extra tutorial time, or attendance at BWY recognised training days. Your tutor will advise you on what is most appropriate in the circumstances. You are also required to continue your regular yoga class attendance and to keep a record of this signed by your teacher. As part of your personal development you are expected to attend yoga workshops by teachers and tutors other than your diploma course tutor and to keep a record of workshops attended.



## **Other Requirements**

As a BWY student teacher you must hold an approved First Aid certificate from the commencement of your class teaching and regularly update the qualification thereafter.

## **Prerequisites For Learners**

- Learners must have at least two years prior regular class attendance.
- It is highly recommended that Learners have completed a BWY Foundation Course or have equivalent prior learning.
- Learners are expected to have an understanding of anatomy and physiology at Level 3. This may be achieved via the BWY Essentials of Anatomy and Physiology for Yoga Distance learning course which is accessed and assessed online at the BWY website. Alternatively Learners can apply for previous learning to be recognised via the RPL process.

## **Qualification Overview**

**The route to the Certificate in Teaching Yoga qualification can be achieved by completing the following five units which are taught concurrently:**

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

**Progression to the Diploma in Teaching Yoga course can be achieved by successful completion of the following three Units:**

Unit 6: Hatha Yoga and Pranayama

Unit 7: The Teaching and Philosophy of Meditation

Unit 8: Progression in Yoga



## Learning outcomes and assessment criteria

A full range of assessment methods will be used to achieve these criteria including: Posture profile, micro teaching, lesson plans, assignments, formal class teaching, peer assessment, observation, oral and written questions, personal statements, reflective diaries and professional discussions.

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

Applied Anatomy and Physiology and the teaching of Asana aims to equip Learners in theory and practice to effectively and safely teach yoga postures and plan for their teaching with an understanding of their role and responsibilities as a yoga teacher.

Learning Outcome	Assessment Criteria
1. Know and understand how to apply principles of anatomy and physiology to the safe and effective teaching of Asana	1.1 Analyse posture in terms of the movements involved in key joints and key muscle actions 1.2. Give teaching points that promote alignment, strength and flexibility 1.3. Identify and teach appropriate modification according to student need 1.4. Explain areas of caution applied to the teaching of specific postures
2. Understand the principles of preparation for Asana and counter-pose	2.1. Demonstrate examples of warming and mobilising 2.2 Choose preparatory movements according to principles of posture analysis, to prepare the body for main postures 2.3. Choose counter-pose to ease and rebalance after the main postures
3. Understand how to sequence a balanced practice of Asana	3.1. Design a sequence around a specific posture
4. Understand how to differentiate according to differing physical capacity and experience of students	4.1. Explain and demonstrate how a posture may be taught in stages 4.2. Explain the use of a teaching aid
5. Be able to use verbal instruction and physical demonstration to teach Asana	5.1. Demonstrate clarity of instruction and integrity of movement in teaching a variety of postures
6. Know how to integrate the breath in Asana	6.1. Demonstrate ways of using the breath in static or dynamic posture



### Unit 2: Teaching Yoga Breathing Practices and Relaxation

Teaching Yoga Breathing Practices and Relaxation aims to equip Learners in theory and practice to effectively and safely teach yoga breathing practices and relaxation and plan for their teaching

Learning Outcome	Assessment Criteria
1. Understand the practice and teaching of breath awareness	1.1 Recognise and explain the nature of breath awareness 1.2. Identify ways in which breath awareness can be cultivated in class teaching
2. Know and understand techniques of breath control	2.1 Explain techniques that develop familiarity with taking conscious control of the breath 2.2. Explain techniques that develop the breathing mechanism and enhance the effectiveness of respiration 2.3. Explain areas of caution
3. Be able to structure and teach breathing practices	3.1 Teach a session of breath awareness and breath control
4. Know and understand relaxation Techniques	4.1. Recognise and explain the benefits of relaxation techniques in relation to stress
5. Be able to structure and teach a relaxation practice	5.1 Teach a guided relaxation



## Unit 3: Planning for Teaching and the Responsibilities of a Yoga teacher.

Planning for Teaching and the Responsibilities of a Yoga Teacher aims to equip Learners in theory and practice to effectively and safely teach yoga and plan for their teaching with an understanding of their role and responsibilities as a yoga teacher

Learning Outcomes	Assessment Criteria
1. Understand own role and responsibilities in relation to teaching	1.1. Review own role and responsibilities as a teacher 1.2. Summarise key aspects of relevant current legislative requirements and codes of practice within the context of teaching Yoga 1.3. Discuss issues of equality and diversity and ways to promote inclusion
2. Understand and demonstrate knowledge of the minimum core specifications for teachers in the National Framework and how these apply in Yoga teaching	2.1. Apply relevant minimum core specifications in literacy, language, numeracy and ICT in their planning and delivery of teaching, in their research and record keeping as appropriate to Yoga.
3. Understand appropriate teaching and learning approaches in Yoga	3.1. Identify and use relevant approaches to teaching and learning in relation to Yoga 3.2. Evaluate the teaching and learning approaches for a specific session
4. Demonstrate session planning skills	4.1. Plan a teaching and learning session which meets the needs of individual students 4.2. Evaluate how the planned session meets the needs of individual students
5. Understand how to deliver inclusive sessions that motivate students	5.1. Use a range of appropriate teaching and learning approaches to engage and motivate students 5.2. Demonstrate good practice in giving feedback 5.3. Communicate appropriately and effectively with students 5.4. Reflect on and evaluate the effectiveness of own teaching making recommendations for modification as appropriate
6. Understand the use of different assessment methods and the need for record keeping	6.1. Design and use a variety of assessment tools including initial assessment record keeping



## Unit 4: The Planning and Delivery of a Yoga Course.

The Planning and Delivery of a Yoga Course aims to equip Learners in theory and practice to effectively and safely teach yoga in a class situation through planning, delivering and evaluating their teaching.

Learning Outcomes	Assessment Criteria
1. Understand appropriate teaching and learning approaches in Yoga	1.1. Apply own role and responsibility as a Yoga teacher 1.2. Identify, adapt and use relevant approaches to teaching and learning in planning and delivery of Yoga classes and courses 1.3. Evaluate the teaching and learning approaches for a specific session
2. Understand the use and purpose of assessment in Yoga	2.1. Recognise and use appropriate methods of initial and ongoing assessment in Yoga
3. Demonstrate session planning skills	3.1 Plan teaching and learning sessions which meet the identified needs of individual students 3.2. Evaluate how the planned sessions meet the needs of students 3.3. Choose the appropriate resources for a specific session
4. Understand how to plan for inclusive learning	4.1 Devise a scheme of work that meets students' needs 4.2. Devise session plans which meet the aims and needs of individual students and/or groups 4.3. Identify and include ways in which session plans can be adapted to the individual needs of students 4.4. Plan the appropriate use of a variety of teaching methods (for instance theory, practice, verbal explanation/talk through, demonstration, reflection during rest/relaxation) justifying the choice. 4.5. Identify opportunities for students to provide feedback to inform teaching
5. Understand how to deliver inclusive sessions which motivate students	5.1. Identify and include in planning and delivery ways to promote inclusion 5.2. Use a range of appropriate and effective teaching and learning approaches to engage and motivate students 5.3. Establish and maintain an inclusive learning environment 5.4. Demonstrate good practice in giving feedback 5.5. Communicate appropriately and effectively with students
6. Understand how reflection, evaluation and feedback can be used to develop own good practice	6.1. Reflect on and evaluate the effectiveness of own teaching, identifying areas of strength and areas for improvement



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

Teaching Asana – observation, adjustment and protection of vulnerable areas of the body aims to equip Learners in theory and practice to effectively and safely teach yoga.

Learning Outcome	Assessment Criteria
1. Know and understand the principles and practical application of observation, analysis and adjustment in the teaching of Asana.	<ol style="list-style-type: none"><li>1.1. Demonstrate observation skills</li><li>1.2. Identify and explain adjustments required to meet the needs of students.</li><li>1.3. Explain how to make adjustments in any of the following ways<ul style="list-style-type: none"><li>• Verbally</li><li>• Or by demonstrating particular teaching points</li><li>• Or by guiding students through touch</li></ul></li></ol>
2. Know areas of the body that are vulnerable and understand how to protect them	<ol style="list-style-type: none"><li>2.1. Identify areas of vulnerability in specific postures</li><li>2.2. Explain the nature of the vulnerability</li><li>2.3. Give teaching points to protect these areas</li><li>2.4. Suggest appropriate modifications or aids to assist students</li><li>2.5. Demonstrate application of principles in teaching.</li></ol>



## DIPLOMA IN TEACHING YOGA COURSE

Progression to the BWYT Diploma in teaching Yoga is achieved by successful completion of the following three units. Some aspects of underpinning knowledge of these Units may be delivered during the Certificate course. The total hours of learning for the Diploma level are 500 of which a minimum of 245 are tutor contact hours.

### Unit 6: Hatha Yoga and Pranayama

Hatha Yoga and Pranayama aims to equip Learners in theory and practice to teach Hatha Yoga and Pranayama effectively and safely.

Learning Outcome	Assessment Criteria
1. Know and Understand the principles of Hatha Yoga	1.1. Describe the principles of Hatha Yoga with reference to the Hatha Yoga Pradipika.
2. Know and understand Prana and the Pranic System and the Pancha Maya Koshas	2.1. Explain in detail aspects of Prana, the Pranic System or the Pancha Maya Kosha 2.2. Explain how to introduce aspects of Prana, the Pranic system or the Pancha Maya Kosha in Yoga class teaching
3. Know and understand Pranayama, Mudra, Bandha and Kriya	3.1 Explain in detail a central aspect of the energetic or purificatory nature of Hatha Yoga 3.2. Describe the theory, practice and teaching of the chosen aspect with areas for caution
4. Know and understand the practice and teaching of Pranayama	4.1. Review the effects of an established practice of Pranayama either from personal experience or from review of Yoga texts 4.2. Plan a session of Pranayama appropriate to the needs of students 4.3. Teach a Pranayama, with or without prolonged retention but observing all four stages of breathing and either a Kriya, Mudra or Bandha 4.4. Give purpose and effects of the chosen practice, distinguishing between esoteric and physical effects and stating areas for caution, if any.



## Unit 7: The Teaching and Philosophy of Meditation

The Teaching and Philosophy of Meditation aims to integrate Yoga philosophy into class teaching and equip Learners to lead a guided meditation

Learning Outcomes	Assessment Criteria
1. Know and understand Patanjali's Yoga Sutras	1.1 Recognise and discuss the purpose of Patanjali's System of Yoga. 1.2 Identify, consider and explain key aspects of Patanjali's system 1.3 Consider and discuss the Yamas and Niyamas and discuss their relevance in the modern western world. 1.4 Identify, consider and discuss objects of meditation. 1.5 Consider and explain the meaning of Dharana, Dhyana and Samadhi.
2. Know and understand aspects of the Upanishads and the Bhagavad Gita	2.1. Consider and discuss a central theme from the Bhagavad Gita or the Upanishads.
3. Know and understand how to integrate philosophical principles into class teaching	3.1 Explain how to integrate a philosophical principle into the teaching of a general Yoga class.
4. Understand how to plan the teaching of principles of Yoga for inclusive learning	4.1. Consider how to include principles at a level appropriate to individual students and/or the group. 4.2. Consider how to interpret philosophical principles in a way that is relevant and appropriate to individual students and/or the group.
5. Be able to weave underlying principles of Yoga into class teaching.	5.1. Describe or demonstrate how to weave a principle of Yoga into general class teaching.
6. Know and understand how to plan for inclusive teaching of meditation	6.1. Choose an object or focus for concentration or meditation practice suitable for individual students and/or the group 6.2. Plan a practice of meditation that meets the needs of students.
7. Know and understand how to lead a guided meditation	7.1. Teach a guided meditation that includes explanation of the focus chosen for practice, settling into practice, guided meditation and gradual return.



## Unit 8: Progression in Yoga

Progression in Yoga aims to ensure Learners are equipped to plan and teach advanced Asana or subtle points of practice safely.

Learning Outcome	Assessment Criteria
1. Know and understand progression in Yoga	1.1. Identify and consider ways to progress students towards more advanced practice of Yoga.
2. Know and understand planning for teaching that includes working towards more advanced Asana or subtle points of practice	2.1. Plan an inclusive session of Yoga that meets the needs of individual students and includes either working towards more challenging Asana or subtle points of practice.
3. Know and understand how to deliver class teaching that gives the opportunity for practice towards more advanced Asana or subtle points of practice.	3.1 Demonstrate in teaching the ability to teach <b>either</b> towards a posture or variation of posture for the more physically able, <b>or</b> subtle teaching points to encourage specific focus or awareness according to the needs of the group/individual students.

## The Historical and Philosophical Background of Yoga

The certificate course will include non-assessed content on the historical and philosophical background of yoga and with specific reference to Patanjali's Yoga Sutras.

### Core Asanas to be studied:

Tadasana; Savasana and Semi Supine; Vatnyasana/Apanasana; Vajrasana; Majariasana (cat); Sukkhasana; Dandasana; Siddhasana; Baddhakonasana (Bhadrasana)

Suptapadangusthasana; Uttanasana; Adho Mukha Svanasana; Navasana; Banarasana (lunge); Utkatasana; Paschimottanasana; Parsvottanasana; Janusirsasana;

Virabhadrasana I; Dwi Pada Pitham; Ustrasana; Salabhasana; Bhujangasana; UrdhvaMukhaSvanasana; Dhanurasana

Jathara Parivatanasana (Jathara Parivritti); ArdhaMatsyendrasana;

Trikonasana; Virabhadrasana II; Parsvakonasana

Gomukhasana; Natarajasana; Garudasana; Vrksasana



Sarvangasana; ArdhaSarvangasana; Halasana;

Surya Namaskar

### **Core Breathing Techniques to be studied:**

#### **Breath Awareness:**

Gain awareness of poor breathing habits.

Just watching the breath, i.e. expansion IN, contraction OUT / cool IN, warm OUT / hands on abdomen, etc

#### **Gaining Control of the breath:**

The three part or “full Yoga breath”

Feeling pauses in the breathing cycle Working to develop a controlled and stable ‘1:pause:1:pause’  
Lengthening the Exhalation.

‘Cleansing breaths’ e.g. “woodchopper”; Mukkha Bhastrika

#### **Integral Breathing**

i.e. moving with the breath from simplest raising/lowering of arms to moving in and out of more complex Asana. Also includes awareness of breath in an Asana.

#### **Progression towards pranayama**

The Tutor may choose to include progression towards simple pranayama techniques without kumbakha  
E.g ujjayii and simple nadi shodhana.

**BWYT Certificate holders will only be insured to teach the techniques that have been covered on the course.**

### **Why Progress to the Diploma?**

The diploma qualification covers the philosophical principles of yoga in much more depth. Diploma holders have more skills in progressing students and including more subtle aspects of teaching. Holding the Diploma also enables teachers to progress in their careers towards teaching advanced students, becoming a foundation course tutor, a DCT, IST Tutor or modules tutor. These roles will not be open to teachers who do not hold the Diploma in teaching Yoga.