

BWYQ Level 4 Qualification Certificate in Teaching Yoga



An Overview

This is a 300 hour Certificate course of which 160 hours are tutor led sessions. The remaining hours are made up of practical experience and home study.

Pre-requisite knowledge: Students will have completed the BWY course 'Essential Anatomy and Physiology' prior to the commencement of the course or within the first 3 months of the course. Student teachers with an existing anatomy & physiology qualification may be given credit for their prior learning subject to Recognised Previous Learning (RPL) Guidance.

Areas of study include:

- **The Historical and Philosophical Background of Yoga**
 - An overview of the history of Yoga
 - An exploration of Hatha Yoga, with reference to the Hatha Yoga Pradipika
 - An introduction to the Upanishads and the Bhagavad Gita
 - The significance of Classical Yoga of the Yoga Sutras of Patanjali
- **Applied Anatomy and Physiology and the Teaching of Asana**
- **Yoga Breathing Practices and Relaxation**
- **Planning for Teaching and the Responsibilities of a Yoga teacher**
- **Planning and Delivering a Yoga Course**
- **Teaching Asana: Observation, Adjustment and Protection of Vulnerable Areas of the Body**
- **In addition in the context of yoga teaching there will be time devoted to the study of:**
 - Mindfulness Training
 - Principles of Ayurveda

Assessments

There are both formative and summative assignments where the formative style assessments are not formally assessed but are used to give you feedback so you can develop your teaching with lots of encouragement and guidance. Summative assignments are the formal assessments where you can demonstrate what you have learnt. There are no grades given for summative assessment, rather a possible pass or refer, and where something has been referred there is always the opportunity to repeat it.

Assessments take the form of planning and teaching, and there are also opportunities to complete worksheets, write essay style assignments, give verbal presentations, produce short videos or audio files or infographics.

Assessments for the Certificate are as follows:

Formative assignment 1

Plan for and teach a 30 minutes micro teaching of asana

Formative assignment 2

Plan for and teach a 10 minutes Yoga Breathing or Breath awareness Technique

Formative assignment 3

Plan for and teach a 15 minutes Guided Relaxation

Summative assignment 1

Roles and Responsibilities of a Yoga Teacher

Summative assignment 2

Stress, Breath and Relaxation

Summative assignment 3

Asana: based on the creation of a posture profile for a specific asana

Summative assignment 4

Scheme of Work, Course Plan and Assessed Class Teaching

Progression to Diploma course: After the Certificate has been awarded there will be an opportunity for students to progress onwards to achieve the Diploma Course.

More details on the course syllabus will be available at the introductory/induction days and meanwhile if you have any specific questions concerning the syllabus I will be happy to hear from you.