

# British Wheel of Yoga Teacher Training Diploma Overview



## Part One 'Preparing to Teach Yoga'

This part consists of the following units to be taught concurrently:

**Unit 1: Applied Anatomy & 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**

Plus additional course content (not to be formally assessed):

**Mindfulness:** Theory & Practice

**Philosophy:** Discussions on aspects of the Upanishads, Bhagavad Gita, Patanjali's Yoga Sutras and the Hatha Yoga Pradipika

**History of Yoga:** An Overview

*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 RPL Guidance.*

## Part Two 'The Teaching & Philosophy of Hatha Yoga'

This part consists of the following units to be taught concurrently

**Unit 4: Planning & Delivering a Yoga Course**

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

**Unit 6: Hatha Yoga and Pranayama (to include an exploration of the subtle pranic system e.g. vayus, nadis, chakras, granthis & kundalini)**

Plus additional course content (not to be formally assessed):

**Ayurveda:** Background knowledge of the doshas, prakruti & vikruti , as applicable to yoga teaching

**Tantra:** Introductory study of the system of Tantra and it's relationship to Hatha Yoga

*Pre-requisite knowledge: Students will have completed Part One of the course or have established evidence of special considerations. Students must hold a current first aid certificate*

## **Part Three 'The Teaching & Philosophy of Meditation and Progression in Yoga**

This part consists of the following units to be taught concurrently

**Unit 7: The Teaching and Philosophy of Meditation**

**Unit 8: Progression in Yoga (teaching with more subtlety & the development of practice over the longer term)**

Plus additional course content (not to be formally assessed):

**Mantra:** The theory & practice

*Pre-requisite knowledge: Students will have completed Parts One and Two of the course or have established evidence of special considerations. Students must hold a current first aid certificate*

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