

BWYQ Level 4 Qualification Certificate in Teaching Yoga

Starting January 2021



Your time commitment

- The start date is 17th January 2021 & the completion date will be 3rd July 2022.
- Total of 22 full days over approximately 19 months
- Meetings will be one Sunday per month, with the exception of 3 months of the course where there will be two meetings per month.
- The days are generally structured as follows:
 - 9.30am Arriving and refreshments plus administration
 - 10.00am Morning sessions begin
 - 1.00pm Lunch
 - 1.30pm Afternoon sessions begin
 - 3.30pm Break
 - 3.45pm Last session begins
 - 5.00pm Final questions & Home Study
 - 5.30pm Departure
- Days missed may have to be made up, by arrangement with the Tutor.
- You will be required to regularly attend a weekly yoga class to continue to develop in your own personal practice.
- You will be expected to develop your own home practice at various points within the course, these will especially relate to the practice of asana, mindfulness training and breathing techniques.
- There will need to be time set aside for reading, reflection, writing assignments, and preparing for teaching practices and class discussions. This time is variable, but a rough estimation would be around two to three hours per week.
- There will be time spent preparing for and teaching your own class, whether you decide to establish your own regular class, provide cover for other teachers or simply fulfill the 15 hours of recorded teaching necessary for the qualification.
- You will be encouraged to attend seminars, in-service training days, retreats, etc.