

Completing the Diploma Course: What comes next?



Reasons to continue to be a member of the BWY:

- You can use the BWY logo for classes, and courses or workshops you run
- You can advertise through the Wheel for any classes or events
- There is insurance available with official back up just in case it is needed, there is also the possibility of adding some of your therapies to the same insurance
- There are teacher resources easily available on the website
- For Sangha and continuing professional development there are always many events running
- There is an extensive national and regional network so you can easily keep in touch with other teachers
- You may be able to think of some more reasons.....

For the future:

- Consider running workshops & retreats
- You may elect to do a specific post graduate training to further your own knowledge in meditation, philosophy, pranayama etc.
- You could elect to train to teach yoga to specific groups by enrolling on a specialised module for instance on teaching yoga for the third age (GYG), cancer, pregnancy, children, mental health, yoga therapy etc.
- After 2 years of teaching experience undertake Foundation Course Tutor training
- After 5 years of teaching experience undertake Diploma Course Tutor Training
- Run your own module in an area of your expertise or interest
- Write articles for Spectrum and beyond
- Consider a committee post where you can shape the future.....

[Remember all future post-graduate training can be set against your tax]

To remain with the BWY you must:

1) Renew your **membership** annually and ensure you have an **up-to-date First Aid certificate**.

2) You must carry out **continual professional development (CPD)**:

- You are responsible for writing up your own CPD on the BWY website
- Ideally 15 points of CPD are needed annually and how these can be collected is outlined in the handout and also can be found on the BWY website
- There is now an increased emphasis on self-reflection so you will need to outline how an event etc. has aided you in your teaching
- Remember there will be spot checks so keep this wheel turning!

3) Keep your **safeguarding record** up to date and if your circumstances change the information you will need can be found in safeguarding policies located in the Resources section of the BWY website.

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4) Keep an eye out for **changes in policy** which will be outlined in the Spectrum magazine and on the BWY website.

Note: Your teaching certificate will be sent soon.

In addition:

- ✓ Use your own discrimination at all times because what you see or hear may not be right, especially on the internet!
- ✓ If you are not already teaching I strongly suggest you establish a regular class or cover classes so you do not lose momentum. Even teaching a regular 121 will help you to maintain momentum.
- ✓ Use our course notes and your assignments in your teaching, perhaps choosing a specific point or area to explore. This will greatly reinforce your learning.
- ✓ Let your teaching come from your own practice, spending time exploring techniques and subtle teaching points on your own mat.
- ✓ See if you can apply the principles of yoga to your approach to teaching such as concentrating upon giving your very best without the need for a particular outcome.
- ✓ Stay connected with other yoga teachers so you have ongoing support...
- ✓ And above all enjoy your teaching!!

Modules:

A Module is a programme of Study that gives you an opportunity to study a particular aspect of Yoga more deeply.

There are an enormous range of subjects on offer and courses run at different times of the year in different locations around the country.

There are four types of Modules:

- 1) **Personal Development Modules (PDM)** are created for everyone with at least 6 months experience of Yoga.
- 2) **Teacher Training Modules (TT)** are only for existing Yoga teachers wishing to work with special groups like Gentle Years Yoga, Pregnancy, Prisons or Cancer or who want to learn how to teach a particular skill in their classes.
- 3) **Diploma Modules (DM)** are for graduate BWY Certificate holders who want to

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upgrade their qualification to a full Diploma or existing Diploma holders who want to refresh their knowledge of the subject.

4) **Weekend Modules (WM)** are designed to run over long weekends or two or three days and are designed to immerse students in a learning experience that has been quality assured by the BWY.

<https://www.bwy.org.uk/modules/>



“Aum gam ganapataye namah”

Invocation to Lord Ganesha

Om vakra-tunda maha-kaya
Koti-surya sama-prabha
Nirvighnam kuru me deva
Sarvakaryesu sarvada