**BWYQ Level 4 Diploma in Teaching Yoga** 

**Student Teacher Record of Teaching**

During the BWYQ L4 Diploma Course you must record at least 30 hours yoga teaching. 15 hours should be formal class teaching; detailed requirements for this are in the course description for Unit 4 of the BWYQ L4 Diploma. The remaining 15 hours may be accumulated flexibly. This includes one to one or small group teaching, teaching sessions/ practice of short duration, peer group teaching or longer workshops. The teaching may be on any specific area of yoga studied during the course. Details of your teaching during the BWYQ L4 Diploma should be included below and at least 30 hours (including the 15-hour formal class teaching) must be recorded. You must also complete reflective evaluation of your teaching for at least 30 hours, either in the form of required reflective evaluation sheets (PLREs) or a personal reflective log.

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| **Date** | **Length of Class** | **Venue** | **Own class/**  **cover/other** | **Short description of students – number (or one to one) and level** | **Brief description of content (general/asana/relaxation/**  **breathing/meditation/other)** |
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**Signature of student teacher:**

**Date:**

The table should be enlarged, and rows added as necessary.

A record should be included in the student teachers’ portfolio together with reflective evaluations of teaching.