

BWYQ Level 4 Certificate in Teaching Yoga

Course Tutor - Carolyn Clarke BWY Dip: DCT

Course Venue – Jasmine Trust Yoga, Babworth Court, Babworth, Retford, Notts DN22 8EW
(2 miles from A1 & accessible on main line East coast trains)

Contact details – Tel: 07561 107660

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Introductory Session – Sunday 17th July 2022 10.00pm – 2.00pm

Course Dates – **Sundays from September 2022 – April 2024**

2022 - 18th September: 9th October: 20th November: 11th December:

2023 - 8th January: 5th February: 5th March: 2nd April: 7th May: 11th June: 9th July: 6th or 20th August:

10th or 17th September: 8th October: 5th November: 3rd December:

2024 - 14th January: 4th February: 3rd March: 7th April

***There will also be six 2.5 hour Zoom sessions spread through the course to introduce or consolidate learning**

Tutorial Times – 9.15am – 4.45pm

Course Attendance - 80% course attendance required for certification

Course Costs – BWY membership £37 (due prior to course commencement)

BWY Course registration £100 (due prior to course commencement)

BWYQ Student registration and certification £100 (due prior to course commencement)

Course tuition fees £2400 (£500 on booking: rest can be paid through a payment plan)

Course books - Patanjali's Yoga Sutras (any translation e.g. Swami Satchidananda)

Plus other books from a recommended reading list

Requirements before course commencement

1. Become a member of BWY
2. Two years class attendance with a recognised teacher
3. Fill in an application form
4. Pay registration fee and tutorial fee payments as agreed with course tutor
5. Purchase course books

During the course

- ❖ Pay any due fees
- ❖ Comply with all BWY guidelines

Throughout the course you will be expected to explore physical practice including asana and pranayama techniques relative to your own competency and safety.

Your tutor will modify and adjust posture to accommodate your personal needs.

Course Length – minimum 160 hours. Carolyn is offering 20 months tutor support to consolidate learning.

Listed below is the minimum underpinning knowledge you can expect during the course.
Extra topics to support learning may be added dependant on student needs.

General

Ground rules

Giving and receiving feedback

Writing skills at level 4

Bibliographies and references

Filing and submitting electronic assessments; SRS

Reflective evaluation of learning

History of yoga and modern lineages

A&P Applied to Teaching

Practical application of anatomical language of movement in asana

Practical application of joint action in asana; including the nature/ranges of movement in specific asana

Practical application of muscular action in asana; to include action of major muscle groups in specific asana

The effect of gravity on muscle action in practice; to include concentric and eccentric muscle action

Leverage in asana; to include application of principles and how to modify asana to reduce leverage

Promoting mobility/strength/flexibility in asana which will include:

Practical benefits of mobilising joints

The practical application of isometric and isotonic muscle action

Promoting strength through the range of movement of a muscle/muscle group

Promoting strength in static posture

Practical principles of lengthening muscles and connective tissue in asana, including safety in 'stretching'

Muscle reflexes and their role in promoting flexibility

Core strength and stability

All Aspects of Posture Profile including research into a wide variety of Asana

Warming and mobilising

Preparation for asana

Teaching posture in stages

Vulnerable areas and correct structural alignment

Modification

Use of props

Areas for caution: neck, knees, lumbar, BP, pregnancy, shoulders, hips, wrists

Common medical conditions: the application of theoretical knowledge from course study of A&P

Variations

Counterpose

Benefits

Observation and adjustment of asana

Foundation Breathing Practice and Relaxation Techniques

Breath awareness

Techniques of breath control

Teaching basic breathing techniques

Stress and the benefits of yoga relaxation, breathing and meditation

Relaxation techniques

Teaching relaxation

Modification of breathing and relaxation techniques

Pedagogy

Inclusivity

Significance of using supporting language and praise

How people learn; learning preferences/styles

Application of different teaching strategies

Identifying simple adjustments including verbal or guided by touch.

Discussions around permission to touch and non-intrusive touching

Lesson Planning and Course Planning

Planning yoga lessons and writing formal lesson plans

Aims

Learning Outcomes: Principles of Blooms Taxonomy of learning: psychomotor, cognitive, affective realms

Writing SMART outcomes

Assessing learners including initial and ongoing assessment

Evaluation of teaching

All aspects of a scheme of work to initiate teaching to a general yoga class

6 - 10 week course plan (as above)

Legal and Professional Aspects of Teaching

BWY policies and procedures including health questionnaires, risk assessment, child protection, accident recording, equality, ethics and safeguarding

Yamas and Niyamas applied to teaching yoga

Record and data keeping

Equalities Act 2010 Diversity and inclusivity

Setting up a yoga class; including advertising

Alongside this study, you will need to:

Complete an Anatomy and Physiology course up to Level 3.

Participate in First Aid training (Appointed Persons)

You may have already done one or both of those – possibly you have a career where you use A & P – e.g. in the health or holistic therapies sector or are first aid trained in your job. If so, we can arrange for exemption from completing these again providing you can prove certification in that field.

Assignment work and Assessment

Assignments are set throughout the course - these are to encourage growth as a teacher and show progression in understanding and practical teaching skills.

Some will be 'formative' assessments - ongoing assessment, formal and informal, to check your understanding and to highlight what needs to be done to move you forward.

Some will be 'summative' assessments and will be submitted to the awarding organisation (BWYQ). This more formal assessment at the end of a Unit or course shows your attainment in relation to Assessment Criteria and fulfilling all of these will result in Certification.

Tutors complete a summary sheet for each assignment, offering developmental feedback and showing if the assessment criteria has been achieved. All written assignments will be either 'pass or refer'. If a piece of your work is 'referred', you will be able to resubmit the assignment with any necessary amendments. The course is non-graded with the emphasis on competence to teach yoga. Tutor support is given throughout.

You will be observed on your teaching practice. Some teaching practice is informally assessed, but where it is a formal teaching practice observation you will receive a 'pass or refer'. If anything is referred, you can be re-observation will be offered and your tutor will support and advise you on this.

Along with the above, there will be a variety of informally assessed tasks which could be completed through group work, pair work or individual home study. Integral to this will be the need to evaluate your own practice and progress through your own reflective 'self-assessment' and through the feedback of your peers. You are required to keep a portfolio showing your learning progress.

During the course, you will need to record at least 15 hours of teaching, planning, content, assessment and reflective evaluation. It will really benefit your learning and teaching to be teaching before the end of the first year for the rest of the course but this will be dependent on when you feel ready. You are expected to keep a record of all teaching you do. You are expected to set up and teach a 6 - 10 week course of yoga with your tutor assessing one of these classes. This is known as an ACT (Assessed Class Teaching).

Assessment types

The course is holistic in its approach and open to different methods of preparing material, exemplified below

Assessment Type	Possible Format	What this might look like
Assignments	Worksheet, written essay, Infographic, project, posture profile, mixed-media presentation	<ul style="list-style-type: none">As essay on stress
Presentation	Audio, video, in-person	<ul style="list-style-type: none">An audio recording discussing stress and the effects of breathing/relaxation techniques.A reflective journal.
Professional Discussion/ Questioning	Short, focussed one-to-one conversation (c. 30 mins or less)	A one-to-one directed conversation that allows you to talk through your ideas and demonstrate your learning.
Observation	Observation of teaching	Observation of a lesson followed by feedback/discussion.
Work Product	Scheme of Work, Course Plan, Detailed Lesson Plan Post-lesson reflections	The means of recording the process of planning, teaching and evaluation; working documents designed for real classes.

All this and more will be discussed at the Introductory Day to explore suitability and assistance with your decision making process prior to course commencement