



BWYQ Level 4 Diploma in Teaching Yoga (RQF) 2020 - 2022



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BWYQ Level 4 DIPLOMA IN TEACHING YOGA (RQF) TUTORS – CAROLYN CLARKE & GILLIAN GEE

Hi – At some point, over the last couple of years, you have enquired about Yoga Teacher Training. We are now offering our final Diploma course training, and intend to offer places at a discount.

We are contacting you again to see if this might fit in with your original dream of becoming a yoga teacher – we hope this will spark up your aspirations again and perhaps encourage you to join us on this wonderful comprehensive course.

The training course has undergone a shift in assessment methods and will offer varied innovative methods including 'in house' presentations, video and infographics (which may appeal to those of you who are visual learners and already handy with computer graphic skills) – at the same time, it will work with tried and trusted methods including practical and written assessment. The beauty of the changes is that there will be a wider choice of how you would like to be assessed. We feel the course will offer you a great learning experience – and give you skills to grow a yoga teaching business - which we will encourage you to commence after the first six months of being on the course. This can then start your earning potential and offset some course costs. Of course, if you are not ready to teach, there will be no pressure on you to rush into teaching.

BWY guidelines note that we should offer Introduction and Induction for potential candidates on separate days with a gap in between for reflection. Some of you have – in the past two years – completed an Introductory Day – if that's the case, then you can attend free of charge or you can have a personal conversation with either one of us rather than travel.

If you haven't yet attended an Introductory Day in the last two years, you will need to attend.

Here are the details:

- **INTRODUCTORY DAY - SATURDAY 21st March 2020**
To give a clear insight into the course and expectations and offer time to reflect on the prospect.
- **INDUCTION DAY - SATURDAY 18th April 2020**
This will assist in the decision making process and where you can commit to the course.

Attendance at these sessions does not guarantee you a place on the course, but will assist us all in ascertaining whether it will suit your needs and fit with your long term aims.

The programme for each day will include postural and breathing practice, plus periods of discussion and information sharing about the Course. You will need to bring your lunch!

The Introductory Day will develop the following –

1. Offer a detailed insight into the aims of the course.
2. Discuss the intended knowledge and skills base – intended learning outcomes including the balance of knowledge and skills assignments.
3. Outline BWYT & Q regulations and criteria.
4. Discussion of personal commitment, workload, time frames and financial aspects of the course.
5. Allow us to work together – and give both tutors the chance to observe your application of yoga techniques if we have not worked with you before.
6. Answer any questions relating to Teacher Training with BWY.
7. Detail the next step of Induction Day at Jasmine Trust in April 2020

Has this heightened your interest? If so, then we would be very happy to see you at the Introductory Day or at least enter into discussions about it with you.

A Booking slip accompanies this letter – please send it to Carolyn and either send your payment by bank transfer or enclose a cheque to Carolyn at the address above.

We look forward to meeting you and having chance to discuss this exciting prospect.

Best wishes,

Carolyn & Gillian

A Bit more info!

Pre-requisites for the course:

2 years attendance at a yoga class with a recognised teacher

Attendance on a BWY Foundation Course (non compulsory) or equivalent level of study

After the Induction Day, your study can begin prior to the commencement of the course by commencing the Anatomy & Physiology online course (to be explained on the Introductory Day) and starting to study relevant information books.

You will also be required to either be First Aid trained or attend a 6 hour First Aid Course – most students do this after commencement of the course

The course will run on Saturdays – dates on the last page – and study material consists of eight units, which will be delivered over 33 months of single study tutorials – there are also two Residential Weekends factored in which offer the opportunity to consolidate learning and bring cohesion to the peer group.

Content covers practical work – a wide variety of techniques based in asana and pranayama, meditation and relaxation, anatomy & physiology aligned to kinesiology, philosophy and professional studies relating to teaching adults and safe practice. In each unit there are 'in house' presentations and internally verified written assignments and choices around use of video and audio assessment – all to be completed within a set time frame (deadlines).

Throughout the course, you will be encouraged to continue attending a class, and other training events.

You will also be encouraged to commence teaching when you are ready and will stay under the guidance of your Tutor as you begin that journey.

The full costs of the course are outlined on the Fees page.

Payment plans will be available on Tutor's fees should you wish to spread the cost, though some costs will be inevitable at the outset. This will all be discussed at the Introductory Day.

A small piece of homework will be set at the Introductory Day ready for the Induction Day.

The course venue will be Jasmine Trust, Babworth Court, Babworth, Retford, Notts DN22 8EW

There is a separate booking slip for the Introductory Day – please fill it in and return it by email. Payment methods are listed on the form.

If you cannot attend the Introductory Day, but are still interested in the course, please contact one of us by phone or email.

FEES

As an aid for your consideration, we have highlighted as many costs as we can think of that relate to the 3 year training period. We realise this is a big commitment on many levels, and hope this will assist your decision making process. As noted on page one, because this is our last course, we have discounted our course fees by £500 – a saving of nearly 14%.

Costs:

- Introductory Day attendance fee - **£35** – SATURDAY 21st March 2020 (10am – 3pm)
- Induction Day attendance fee - **£50** – SATURDAY 18th April 2020 (10am – 4pm)

- Annual Teaching Membership to BWY

Currently £94 per year, but could rise slightly in 2020 – this figure includes both membership and teaching insurance. Without this in place **annually**, you will not be able to attend the course.

- Online Anatomy & Physiology course - **£25**

You can apply for APL if you have already got a Level 3 qualification in this, but if not, then you will need to complete this – within three months of the course commencement

- Course Registration & Internal Quality Assurance Fee to BWY - **£150**
- Student Registration to BWYQ - **£150**

Payable via an online booking system prior to course commencement after Induction Day

- Tutorial fees of £3450 payable over the course by direct payment or standing order.

This will include a non-refundable deposit on tutorial fees - **£450**

These are paid to Carolyn Clarke & Gillian Gee (via Jasmine Trust) and are due on acceptance onto the course. An interest free monthly payment plan is available to help spread this cost over the course.

Non refundable deposit payable at Induction Day on 18th April 2020

- 5 set books – approx. **£70** (second hand books are often available if you scout around)

Early into course commencement!

- Payment for 2 residential weekend's accommodation

We feel these are a necessary teaching strategy and will be invaluable in your course. We will keep these costs to a bare minimum likely to be around **£160 per weekend**.

These will be payable prior to each weekend (probably around 3 – 4 months in advance)

You will also need to have a First Aid Certificate. If you haven't got one, then Carolyn will be organising a day around October 2020 when we know how many students need to attend.

Approx cost for this - £60

- 2 compulsory teaching assessments

Payable during the course –

2020/21 – £75 + tutors travel at 45p per mile

2021/22 – £75 + tutors travel at 45p per mile

Attendance at yoga events - costs are not shown because these are very individual and may vary.

Your Tutors will encourage you to commence teaching a class within the first year of the course so you may be 'earning as you are training'.

Proposed Dates

21	March	2020	Introductory Day 10 - 3
18	April		Induction Day 10 - 4
16	May		1 9-5pm
13	June		2
11	July		3
26	September		4
24/25	October		5 & 6
07	November		7
05	December		8
09	January	2021	9
06	February		10
06	March		11
17	April		12
15	May		13
12	June		14
10	July		15
4 or 18	September		16
2/3 or 16/17	October		17 & 18
6 or 13	November		19
04	December		20
08	January	2022	21
05	February		22
05	March		23
02	April		24
07	May		25
04	June		26
02	July		27
03 or 17	September		28
01 or 08	October		29
05	November		30
04	December		31
08	January	2023	32
05	February		33
05	March		Spare

Whilst we hope to stick to these dates throughout, they may be subject to change
 You will be given plenty of notice should any change be necessary