

# BWYQ (Progression to) L4 Diploma in Teaching Yoga (RQF)

## Introduction

A progression course is designed to appeal to those who have completed the BWYQ L4 Certificate in Teaching Yoga (RQF) and wish to complete a full 500 hours training resulting in the award of the BWYQ L4 Diploma in Teaching Yoga (RQF).

This course covers advanced skills relating to the historical and philosophical context of modern yoga and incorporates the teaching of philosophy, pranayama, meditation and advanced asana. The aim of the Progression course is to educate and enable learners, both professionally and practically, to teach advanced yoga skills adapted to clients that have a wide variety of capacities, capabilities and experiences.

Assessment takes place throughout the course via practical presentations, worksheets and written assignment completion, plus diary entry recording alongside formal and informal teaching practices.

It dovetails into the experience developed within the Certificate course and covers Diploma studies based around -

Unit D: The Classical Foundations of Modern Yoga

Unit E: Incorporating Philosophy, Pranayama, Meditation and Advanced Asana.

A copy of these can be viewed at the end of this document.

## Who will benefit from this training?

For teachers who want to further their knowledge and application in the necessary teaching skills to deliver more complex asana, recognise the process and practice of pranayama, personal development and teaching of meditation and add philosophical depth to enable thematic planning and reasoning. The course will encourage confidence to offer these deepening practices to your students who have practiced yoga for a while and who may be wanting to further develop their personal practice in a safe and sound way.

Yoga practice is constantly in progress – there is no end to its development – this course will add another strand of expertise in teaching and learning and harmonise with modern interpretation of traditional teachings.

- If you are a teacher with a different qualification and wish to discuss the training, please contact [carolynclarkeq@gmail.com](mailto:carolynclarkeq@gmail.com)

## Venue Address

Jasmine Trust Yoga, Babworth Court, Babworth, Nottinghamshire DN22 8EW

Babworth Court is a wonderful venue which enhances the meditational elements of your study and practice. It is situated close to the A1 and main East Coast line station of Retford.

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## Tutorials are held monthly on SUNDAYS

Introductory session – 2<sup>nd</sup> June 2024 (10am – 2pm)

This session will outline the whole course, have a practical element and give you time to reflect on how the training will impact you. It will indicate what commitment is involved from both participant and trainer.

\*There will be a zoom session available for those who cannot attend the introductory session – date to be announced.

Induction Day - 7th July 2024 (9.30am – 4.45pm)

This day is to bring about further information delivery as well as assist with Induction paperwork and setting out the detail of the course including assessment timetables and home study suggestions.

Course Days (9.15am – 4.45pm)

15th September 24: 13th October 24: 3rd November 24: 1st December

24 12th January 25: 2nd or 9th February 25: 2nd or 9th March 25

6th April 25: 11th May 25: 8th June 25: 6th July 25: 3rd August 25 (standby date)

+ (3 x 2.5 Zoom sessions to organise through the course)

A short lunch break is included on each day – this will include tutor accessibility

## **Costs**

BWY & BWYQ Registration fees – £150

Course Tuition Fees – £1350 (Can be paid in instalments)

Additional cost near the end of course – 1 External Teaching Assessment @ £75

(+ 45p/mile tutor travel)

4 set books - Patanjali Yoga Sutra: Hatha Yoga Pradipika: The Upanishads: Bhagavad Gita (You may already have some of these – if not, second hand copies are available on line)

Keeping up to date with both BWY teaching membership and First Aid certification

## **Register your interest one of three ways:**

1. Go to the BWY website, search 'training courses' until you find this course. If you are a BWY Member already, click on the 'Register Your Interest' button.

For non-BWY Members - In order to enrol on this course, you will need to get a free account by clicking on the 'Join Us' button. Once you are logged in, you can click 'Register your interest' which will add you to the waiting list and notify Carolyn.

2. Contact me direct on [carolynclarkeq@gmail.com](mailto:carolynclarkeq@gmail.com)

3. Email Jasmine Trust on [www.jasminetrust.co.uk](http://www.jasminetrust.co.uk)

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## Information around Diploma studies relative to the Progression course

Progression to Diploma involves developing teaching and learning around the highlighted blue sections of the tables in this document. If you are a BWYQ Certificate in Teaching Yoga holder, you have already completed the sections highlighted in yellow.

If you have a different qualification, you will be expected to 'prove' that you have already completed the appropriate level of attainment via RPL. Please email [carolynclarkeq@gmail.com](mailto:carolynclarkeq@gmail.com) for further information around that.

## **The following is extracted from BWYQ Level 4 Diploma/Certificate in Teaching Yoga ASSESSMENT HANDBOOK (Revised 11/3/2022)**

### **BWYQ Level 4 Units**

The table below details the units for the Diploma and Certificate courses. Foundational knowledge/skills cover the course to Certificate level, advanced knowledge and skills to Diploma level. Skills involves and assesses teaching, knowledge involves and assesses theory. Units do not have to be taught chronologically.

<b>Unit Number</b>	<b>Title</b>	<b>Level</b>
<b>Unit A1</b>	Professional Responsibilities of a Yoga Teacher	Foundational Knowledge Unit
<b>Unit A2</b>	Basic Breathing and Relaxation	Foundational Knowledge Unit
<b>Unit A3</b>	Preparing for Asana	Foundational Knowledge Unit
<b>Unit B</b>	Approaching Asana, Basic Breath Control and Relaxation	Foundational Skills Unit
<b>Unit C</b>	Effective Planning, Teaching, Assessment and Evaluation	Foundational Skills Unit
<b>Unit D</b>	The Classical Foundations of Modern Yoga	Advanced Knowledge Unit
<b>Unit E</b>	Incorporating Philosophy, Pranayama, Meditation and Advanced Asana	Advanced Skills Unit

### **Summative Assessment**

Your Tutor-Assessor will be setting assignments throughout your course. Some of these will be formative assessment, these are ongoing assessments, formal and informal, which happens during the learning process to check your understanding and to highlight what needs to be done to move you forward. These are devised by your Centre/tutor-assessor and are **not** part of the BWYQ assessment requirements.

For the BWYQ regulated qualifications, only summative assessments will be submitted to the awarding organisation. This is formal assessment at the end of a Unit or course and shows your

attainment in relation to benchmark standards (Assessment Criteria). In other words, it assesses the end product of the learning.

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You will need to complete the following assessments:

FOUNDATIONAL	FOUNDATIONAL + ADVANCED
<b>Certificate QAN 601/0744/3 160 GLH 29 credits</b>	<b>Diploma QAN 501/0828/1 255 GLH 50 credits</b>
Knowledge Assignment 1 – Roles and Responsibilities of a Yoga Teacher	Knowledge Assignment 1 – Roles and Responsibilities of a Yoga Teacher
Knowledge Assignment 2– Stress, Breath and Relaxation	Knowledge Assignment 2– Stress, Breath and Relaxation
Knowledge Assignment 3 – Asana	Knowledge Assignment 3 – Asana
Skills Assignment 1 – Assessed Class Teaching <ul style="list-style-type: none"> <li>• Examination of Scheme of Work and Course Plan</li> <li>• Examination of Detailed Lesson Plan</li> <li>• Observation of Assessed Class Teaching</li> </ul>	Skills Assignment 1 – Assessed Class Teaching <ul style="list-style-type: none"> <li>• Examination of Scheme of Work and Course Plan</li> <li>• Examination of Detailed Lesson Plan</li> <li>• Observation of Assessed Class Teaching</li> </ul>
	Knowledge Assignment 4 – Hatha Yoga Pradipika
	Knowledge Assignment 5 - Bhagavad Gita or Upanishads Presentation
	Knowledge Assignment 6 – Yoga Sutras
	Skills Assignment 2 - Final Assessed Class Teaching <ul style="list-style-type: none"> <li>• Examination of Supplementary Progression of Students Documents</li> <li>• Examination of Detailed Lesson Plan</li> <li>• Observation/Professional Discussion of Assessed Class Teaching</li> </ul>

Your tutor will complete a summary sheet for each assignment, giving you developmental feedback indicating whether you have met the assessment criteria covered in the assignment.

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### The Assignments

#### Formative and Summative

Assignments are set throughout the training course. These fall into two categories, formative and summative and do not have to be taught chronologically. Assignments are tutor assessed (marked).

Each assignment has an assessment sheet which outlines the criteria the learner is expected to meet. The assessment sheet is completed by the course tutor on completion and returned to the participant for their comments and signature.

### Formative Assignments

Formative assignments are devised by BWYT or the tutor and are **not** part of the BWYQ assessment requirements, they are for encouragement, guidance and development of the participant throughout the course, they are not assessed as pass or refer, although tutors may ask for additional work or repeats of practical teaching to ensure progression. Table below lists the formative assignments.

Number	Title of Assignment	Certificate	Diploma
Formative 1	Plan for and Teach a 30 minute Micro Teaching of Asana based on Assignment S3, the Posture Profile	√	√
Formative 2	Plan for and Teach a 10 minute Basic Breathing or Breath Awareness Technique	√	√
Formative 3	Plan for and Teach a 15 minute Guided Relaxation	√	√
Breathing, relaxation and asana teaching may be set as one practice, separately or in any combination			
Formative 4	Plan a 15 minute Pranayama OR Meditation Practice	N/A	√
Formative 5 Tutor's Choice	Maintain a Daily Meditation Practice under the Tutor's guidance.	N/A	√

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### Summative Assignments

Summative assignments are formally assessed against the BWYQ qualification assessment criteria and are submitted to the awarding organisation BWYQ. This is an official aspect of the course to evidence attainment in relation to the assessment criteria (benchmark standards) to assess the end-product of the learning. Summative assignments are divided into two categories: knowledge (K) and skills (S). The table below lists the summative assignments.

Number	Title of Assignment	Certificate	Diploma
Summative 1	Roles and Responsibilities of a Yoga Teacher (K)	√	√
Summative 2	Stress, Breath and Relaxation (K)	√	√

<b>Summative 3</b>	Asana (K)	√	√
<b>Summative 4</b>	Scheme of Work and Assessed Class Teaching 1 (S)	√	√
<b>Summative 5</b>	Hatha Yoga Pradipika (K)	N/A	√
<b>Summative 6</b>	Teaching Pranayama/Meditation (S)	N/A	√
<b>Summative 7</b>	Bhagavad Gita or Upanishads (K)	N/A	√
<b>Summative 8</b>	Patanjali's Sutras (K)	N/A	√
<b>Summative 9</b>	Final Assessed Class Teaching (S)	N/A	√

Completion of formative assessments 1 – 3 and summative assessments 1 - 4 complete the Certificate level course.

Completion of formative assessments 1 – 5 and summative assessments 1 - 10 complete the Diploma level course.

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The following is extracted from

### BWYT Overview and Syllabus for BWYQ L4 Diploma Course March 2020

#### Structure

The BWYQ Diploma in Teaching Yoga consists of five Units which together lead to a full Diploma in Teaching Yoga.

- If you hold the Certificate, you have already completed three of these.

The course is a combination of tutor-led contact days and home study. In addition, there is a requirement for a qualification in anatomy and physiology either by completion of the BWY home study course 'Essential Anatomy and Physiology for Yoga' or other equivalent study. You will be asked to visit the website to complete the 'Fundamentals of Anatomy and Physiology Course' either before you begin the Diploma, or during the first three months of the course.

- If you hold the Certificate, you have already completed this.

#### Ethos

The aim of the Diploma course is to equip you both professionally and practically to teach yoga asanas, breathing practices, pranayama, relaxation and concentration/meditation to students with a wide variety of capacity and experience; with an underlying knowledge and understanding of yoga principles and philosophy. You are also expected to continue to deepen your understanding and knowledge through your own personal practice.

Whilst course teaching is tutor-led you are expected to develop as a reflective self-evaluative practitioner and teacher of yoga. As a consequence, you will be actively involved throughout the course in the teaching and learning process, in group work, and in your own home study and

practice. You will be asked to reflect upon your own teaching and practice and develop your own evaluative skills to build on your strengths and address areas for improvement as needed. In this way, you can develop as an autonomous teacher of yoga.

### Assessment

Your tutor will set assignments throughout your course. Some of these will be formative assessments; ongoing assessment, formal and informal, which happens during the learning process to check your understanding and to highlight what needs to be done to move you forward. These are devised by BWYT and are not part of the BWYQ assessment requirements.

Other assignments will be summative assessments and submitted to the awarding organisation. This is formal assessment at the end of a Unit or course and shows your attainment in relation to benchmark standards (Assessment Criteria). In other words, it assesses the end product of the learning. Your tutor will complete a summary sheet for each assignment, giving you developmental feedback and indicating whether you have met the assessment criteria covered in the assignment.

*The course is non-graded with the emphasis on competence to teach yoga. All written assignments will be either 'pass or refer'. If a piece of your work is referred, you can resubmit the assignment when the necessary amendments have been made, subject to the rules for referral and resubmission of written work. Your tutor will support and advise you through this process.*

As well as completing assignments, you will be observed on your teaching practice. You will be fully prepared for this experience and although often students are nervous, please see it as a way of improving your teaching and enhancing the knowledge, understanding and skills you need to be a good teacher. All who teach, however experienced, can benefit from review of what they do.

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Some of the teaching practice is informally assessed, but where it is a formal teaching practice observation you will receive a 'pass or refer'. If you are referred, you can be re-observed, subject to the rules for referred teaching practice. Your tutor will support and advise you.

Along with formative and summative assignments, your tutor will set informally assessed tasks that may be in the form of 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 peers. You are required to keep a portfolio showing your learning progress.

During the course, you are required to record at least 30 hours of teaching, planning, content, assessment and reflective evaluation. It will greatly benefit your learning and teaching to teach from the end of the first year for the rest of the course. You are expected to keep a record of all teaching you do. During Unit C you are expected to set up and teach a 6 - 10 week course of yoga and a DCT will assess one of the classes. This is known as an ACT (Assessed Class Teaching). A 2nd ACT takes place at the end of the course in Unit E. Both classes to be 90 minutes

- If you hold the Certificate, you have already completed ACT1
  - You will be expected to show 15 hours of teaching.
  - ACT2 will be 90 minutes regardless of the length of time allowed on ACT1
- Also for at least three months during the course you must keep a pranayama diary and establish a regular practice of pranayama. This need not be lengthy or difficult, but will form a foundation of understanding for your teaching. Your tutor will set suitable home practice tasks and may ask you to record specified details. You may also be asked to complete a meditation diary.

## Assessment types

The course is holistic in its approach and open to different methods of preparing material, exemplified below - What this might look like

- Worksheet, written essay, Infographic, project, posture profile, mixed-media presentation • An essay on stress [If you hold the Certificate, you have already completed this.](#) • An infographic that draws out key themes or concepts from each chapter of Hatha Yoga Pradipika
- A project that summarises research on themes in Patanjali's Yoga Sutras • Presentation Audio, video, in-person
- An audio recording discussing stress and the effects of breathing/relaxation techniques. [Or some other subject if you are working on the Progression course.](#)
- A reflective journal.
- A presentation to your peers developing one theme from the Bhagavad Gita. • 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 of teaching - Observation of a lesson followed by feedback/discussion. • Work Products include Scheme of Work, Course Plan, detailed Lesson Plan • Post-lesson reflections

All these show the means of recording the process of planning, teaching and evaluation; working documents designed for real classes.

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### Books

As a foundation for study you will be asked to buy a selection of books. BWY has a list of recommended texts and your tutor will give you guidance on those preferred for their course. As a minimum, you will need copies of the Yoga Sutra of Patanjali, the Hatha Yoga Pradipika, the Upanishads and the Bhagavad Gita, as well as books on asana, and books which contain information on breathing practices, pranayama, relaxation and meditation. We will provide recommended versions in advance of the course.

### Student Support

Your tutor is there to help and support you throughout your learning and to give feedback on your progress. Your peer group will also become a source of support, shared experience and shared learning. Other support and information is available through the BWY website, In Service Training events and Regional events held by the BWY.

### Quality Assurance

Every course is allocated in Internal Quality Assurer (IQA) who samples students work as the course progresses.

### Student Registration System (SRS)

All students will be required to register for their course online and submit their assessed work via the SRS. Your course tutor has access to guidelines for using the SRS and will be able to assist you.

Students are expected to be able to word process their work for electronic submission and to provide an email address for correspondence. Further information on the SRS will be given to you by your



tutor and backed up by video instruction.

### **Attendance Requirements**

You are expected to attend all course days and you should only be absent for good reason.

Except where Special Considerations are in evidence, you are required to register 80% attendance. If you miss course days it is your responsibility to make up the content. This may be done in a variety of ways including extra tutorial time, or attendance at BWY recognised training days. Your tutor will advise you on what is most appropriate in the circumstances.

As part of your personal development you are expected to attend yoga workshops by teachers and tutors other than your diploma course tutor and to keep a record of workshops attended.

### **Other Requirements**

As a BWY student teacher you must hold an HSE approved First Aid Certificate from the commencement of your class teaching and regularly update the qualification thereafter.

As a BWY student teacher you are expected to attend a weekly yoga class with a BWY teacher and evidence a broader approach to yoga by attending an occasional workshop or In Service Training Day (IST). See 'Attendance Requirements' above.

**Prerequisites for Students already holding a BWYQ Certificate in Teaching Yoga. Proof of your Certificate will be requested by your tutor within the Induction Process.**