

YOGA TEACHER TRAINING

BWYQ Progression Course



**DR CATHY-MAE KARELSE with Guest Tutors,
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Dervish.**

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BWYQ PROGRESSION COURSE: FROM CERTIFICATE TO DIPLOMA

OCTOBER 2021- APRIL 2022

Dear Prospective Student

Thank you for your interest in this BWYQ Progression Course. You've made a good choice. As the governing body of Yoga in the UK, British Wheel of Yoga (BWY) teacher-training courses meet the highest OFQUAL regulated standards. The course offers expert training, imparting knowledge and skills to benefit your teaching and students. More importantly, you are guaranteed to grow personally.

THIS INFORMATION PACK

This pack contains all the information you need before you commit yourself to training with us and the BWY. It is detailed to help you

decide if this is the right course for you, and to enable you to plan your finances and time commitments well in advance.

As this is a short course, you will need to make time for assignments and practice.

The course runs for the equivalent of 16 days over 7 months made up of 12 Saturdays and/or Sundays (10.00am-5.00pm), and 14 Wednesday evenings (1900-2100). It comprises **±110 contact hours plus a further 70 hours of self-study**.

A BIT OF BACKGROUND

It would be remiss to ignore the broader global context in which this course is offered. Covid, as we all know, has shone a light on multiple pandemics of racism, sexism, homo- and transphobia and many discriminations based on disability, faith, age, and class. In many ways, Covid has turned the clock back on marginalisation. Vaccine rollouts, for instance, fortify the global North-Side divide in ways that reinforce fragmentation and disharmony. Since yoga is all about transformation, how can it help us navigate these current climes? This course is very much about being real. It touches into our fears, vulnerabilities and hidden corners and helps us build our sense of community and relationality. We encourage our own ongoing transformation and our growth as a group, challenging and supporting one another to tap into our potential to become more than we can imagine.

THE PROGRESSION COURSE

The Progression Course is designed to meet the needs of Yoga Teachers keen to expand your knowledge, understanding and practice of yoga. You will be introduced to the following new content and learn how to apply it:

- Pranayama, mudra, bandha and advanced breath work
- The subtle aspects of the body and esoteric teachings

- The classical texts: Patanjali's Yoga Sutras, The Hathayoga Pradipika, The Bhagavad Gita and the Upanisads
- Mindfulness and meditation
- Integration of these components to enrich your practice and teachings

In other words, the BWY Progression Course builds on the skills and knowledge contained in the Certificate. You will integrate Yoga philosophy, pranayama and meditation into your teaching and your life.

USP: MINDFULNESS

This programme which is as much about your personal development as it is about progressing your teaching takes you through a full 8-week Mindfulness-Based Stress Reduction Programme modelled on Jon Kabat Zinn's teachings from the Centre for Mindfulness, UMass.

This is a foundational step in learning how to meet your own habits skilfully. You will acquire insight into the workings of your own mind-heart and learn how to introduce changes in approach that enrich your life. This deepens the spiritual elements of your yoga practice and adds layers to your teaching.

BLENDED LEARNING

Blended learning is a balanced approach to in-person and online training. For the foreseeable future, this will be an online course with the hope of introducing face-to-face contact, circumstances permitting, in the final stretch of the course.

Multiple components of the Progression Course are more effectively delivered online including:

- Yoga's underpinning philosophies
- Study of the primary yogic texts

- Principles and practice of pranayama
- The refuge of your home from which to practice mindfulness and meditation

BASIC COURSE INFORMATION

Course duration: October 2021 – April 2022

Days: Saturdays and Sundays, 10.00am- 5.00pm

Evenings: Wednesdays, 1900-2100

Delivery: Zoom

Dates: Introductory sessions + 12 days + 14 Wednesday evenings.

Introductory Sessions:

Thurs 15th July, 1900-2100 **OR** Sun 18th July, 1700-1900 **OR**

Tues 31st August, 1800-2000 **OR** Sun 5th September, 1700-1900

Course Dates: Saturdays, Sundays and Wednesdays

1	Sat October 2nd	Induction/Overview
2	Sun October 3 rd	Pranayama & Practice
3	Sat November 13 th	PYS, HYP, Mind
4	Sun November 14 th	Bhagavad Gita, themes
5	Sat December 4 th	Upanisads, themes
6	Sun December 5 th	Mind & Meditation
7	Sat January 29 th	Integration, Teaching

8	Sun January 30 th	Integration, Teaching
9	Sat February 19 th	Integration, Teaching
10	Sat March 12 th	Integration, Teaching
11	Sun March 13 th	Reflections
12	Sat April 9 th	Finalé
13	Weds October 6 th -27 th	MBSR W0-3
14	Weds November 3 rd -24 th	MBSR W4-7
14.5	Weds December 1 st	MBSR W8
15	Weds February 2 nd -9 th	Integration
16	Weds March 2 nd -16 th	Integration

COSTS

Item	Cost (±)	Date due
Introductory Sessions 15 th Jul OR 18 th Jul OR 31 Aug OR 5 th Sept	£Free	
Deposit (non-refundable)	£500	September 3 rd 2021
Remaining Fees (excluding deposit)	£1300	£186 monthly by Standing Order: Oct 1 st 2021 – April 1 st 2022.
Total Cost	£ 1800	

Other costs		
BWY Membership Fee (including insurance, renewable annually)	£94	Paid directly to the BWY upon registration.
Registration fees	£200	Via BWY website before start date
Books: Estimated	£100	Continuous

INITIAL COSTS

The Introductory Day is FREE.

£500 is payable upon acceptance onto the course or by September 3rd, 2021. This includes your final Assessed Class Teaching.

A Standing Order of £186 for a period of 7 months to cover the remaining £1,300 commencing on October 1st, 2021 is required.

All administration fees are due following your acceptance onto the course to secure your place. Once accepted onto the course, you are committing to staying till the end.

In the event of a lapsed payment, you may be suspended from the course until payments are made and instalments are reinstated. If the course is cancelled, a full refund is returned. If payment is not made in full, certification is issued when fees are settled.

Early bird discount of 10%:

The early bird applies to fees paid in full by September 1st, 2021.

You receive a £180 discount on the fee: **£1,620** (instead of £1,800).

Refund Policy

The initial deposit is non-refundable within four weeks of the start date. Remaining fees owed may be cancelled if you decide to

withdraw from the course, but any fees already paid are non-refundable.

BWY Membership

Please note that membership of the BWY, for which you apply directly online, is compulsory throughout your training. Should your membership lapse, you are no longer insured to teach.

GENERAL COURSE STRUCTURE

The course syllabus attached with this pack provides a broad overview of course content. The qualification is divided into two Units of Competency, Units D & E. This integrated course interweaves elements from all aspects of the qualification throughout.

Brief Outline of Syllabus

- Modern yoga in historical and philosophical context
- Hatha Yoga Pradipika: key concepts and current significance
- Bhagavad Gita: key philosophical concept integrated into teaching
- Upanisads: key philosophical concept integrated into teaching
- Patanjali's Yoga Sutras: key concepts in current context
- Understand and use pranayama, kriya, mudra and bandha safely and effectively – developing a personal pranayama practice
- Understand and use appropriate meditation techniques safely
- Progressing students sensibly
- Communicating relevant historical and philosophical concepts effectively

A COMPETENCY-BASED QUALIFICATION

This is a competency based and assessed qualification; evidenced through practical work and a portfolio. It means that you have been judged competent to perform the stated skills to the level required by the qualification specification.

This means that you are being assessed on your skills and the knowledge that underpins those skills. As the course unfolds, you may find some skills easy to learn and others more difficult. Until you attain competency in a particular area, your work will be *referred* until you are competent. The term *referred* simply means that you have not yet demonstrated a skill or shown evidence of understanding a topic to the required standard. If an assignment is referred, you will be guided to address the areas that have been identified and will resubmit the work. If a practical assessment is referred, you will be re-assessed on the referred points over a period of time or on a particular day until competency is attained. As you acquire experience and knowledge, you will become increasingly competent in all areas. Referrals are perfectly normal in this type of qualification because they highlight areas in which you need to develop more skills. It is unusual not to be referred during your training as becoming competent in teaching is the purpose of undertaking such a course in the first instance. By the end of the course, you will have progressed to competency in yoga teaching.

The qualification guidelines are included in the attachment.

ASSESSMENT

You will be assessed by your tutors and peers in a variety of ways including:

- Written work in the form of Worksheets, Quizzes
- Micro-teaching, in-class
- Formal in-class teaching assessments

Your will present work in the form of an electronic Portfolio. This portfolio, marked by tutors, will in turn be verified by an appointed IQA (Internal Quality Assurance) and possibly by an EQA (External Quality Assurance). Once your portfolio is complete, it is uploaded onto the BWY website for future verification and quality control.

To pass the course you have to:

1. Complete and pass all assignments
2. Pass you Final Assessed Class Teaching (FACT)
3. Attend at least 80% of the course
4. Upload your e-Portfolio to the BWY system.

Late submission of work

The course runs on a tight schedule. Late submission of work causes delays. To encourage discipline, you donate **£15** towards course celebrations or a social cause, should you miss the deadline.

Extensions can be requested.

Health issues

Should you have any ongoing health concerns, your doctor must advise as to the suitability of this course. As we are not medical doctors, we cannot take responsibility for your health. Examples of possible health concerns include:

- Unmedicated High Blood Pressure, Epilepsy, Asthma, Diabetes, Heart disease, Cancer, Arthritis, Ongoing back pain, Unsupported mental illness

COMPLAINTS PROCEDURE

During your training, complaints should, first and foremost, be resolved directly with tutors. If this fails, the complaint will be referred to the Internal Verifier allocated to the course and

thereafter to the Complaints committee. You will be sent a separate pack from the BWY to cover policies in detail.

How does this course compare to others?

There are several good Progression Courses and it's always helpful to meet tutors to find the right fit.

The chief differentiator of this course are:

1. as part of your meditation training, you undertake an 8-week Mindfulness-Based Stress Reduction Course. This teaches you about the mind-heart through direct experience and applications of the teachings.
2. we apply the teachings to everyday life and our everyday world and work together to understand what these teachings mean not only for personal but also for social transformation.
3. Ayurvedic practice and philosophy is integrated into the programme. Some key elements of Ayurveda are therefore explored on the course.
4. The programme invests in your development. We limit numbers to 18 and offer one-to-one and group mentoring.

SOME FREQUENTLY ASKED QUESTIONS

1. Is the qualification recognised?

The standards of this Progression Course are set by the BWYQ Awarding body at Level 4. The BWYQ is regulated by OFQUAL, which is considered the Gold Standard of educational excellence in Yoga teacher training in the UK.

2. Can I do the Progression Course without having a BWY Certificate in yoga teaching?

We do accept students with an appropriate background and substantial Yoga experience who haven't done the BWY Certificate

course. Should you have a different qualification that is recognised, you could join the BWY in order to undertake this programme.

3. Is it all online?

The entire programme is delivered online which saves on travel costs. An email account and access to WiFi are essential for electronic assignment submission and review, and to create an e-folder of evidence. Peer support networks you develop on this course will use platforms like Whatsapp. If possible, and suitable to participants, a live weekend will be arranged during the training.

REQUIRED READINGS

Today, most source texts are available online. There are also multiple commentaries on the Yoga Sutras of Patanjali and the Bhagavad Gita so you may want to explore them online before making hard copy purchases. You will need access to at least one copy, either online or in hard copy should you prefer to page back and forth.

Patanjali's Yoga Sutras

Philipp Maas on Yoga <https://www.historyofphilosophy.net/yoga-maas>
[Accessed on 10 March 2021]

Satchidananda, Swami, 2012. *The Yoga Sutras of Patanjali*. Virginia: Integral Yoga Publications.

SwamiJ.com. Patanjali's Yoga Sutra [online](#)

Hatha Yoga Pradipika

Muktibodhananda, Swami, trans. 2012. *Hatha Yoga Pradipika*. Bihar: Yoga Publications Trust.

SwamiJ.com. *Hatha Yoga Pradipika*. [online] Available at: <http://www.swamij.com/hatha-yoga-pradipika.htm> [Accessed 10 March 2021].

Bhagavad Gita

Jack Hawley (2001) The Bhagavad Gita A Walk through for Westerners New World Library: California.

The Upanisads

Eknath Easwaran The Upanisads Penguin Books: London.

THE APPLICATION PROCESS

Pre-requisites:

For a successful application, you are:

1. a Yoga Teacher with a BWY Certificate or equivalent
2. competent in both written and spoken English
3. IT proficient, able to navigate Google Drive and online learning
4. practicing Yoga regularly
5. keen to commit time and energy to the course (± 7 hours a week) outside of contact hours

Introductory Session

If your application is successful, following the Introductory Session, you will be offered a provisional place to be finalised via an online interview where needed. The 2-hour Introductory Session (see options above) will talk you through all aspects of the course and allow time for Q&A. This offers the opportunity to get to know the course, our approach and teaching style and to clarify what is expected of you. Following acceptance onto the course, we require a firm financial commitment: all registration fees, deposits and remaining initial costs are due by the September 3rd, 2021. Your confirmation letter will outline costs and how to pay them.

More information?

To see how this Progression Course fits in with the rest of our programmes, please visit: www.clearmindinternational.com. This offers a sense of our values for you to see whether you align with these.

Applying for the Progression Course

1. Please complete the attached **application form (below)** and return it electronically.
2. Complete the **short assignment** attached and return it with your application.
3. If you have completed a Certification course, attach an electronic **copy of your certificate**.
4. Attend an **online interview**, if suitable

We very much look forward to receiving your Application and thank you for choosing the BWY to become a Yoga Teacher!

Please note that by returning your application form, you are agreeing to all the terms and conditions set out above.

About Your Faculty

Cathy-Mae Karelse, PhD



Dr Cathy-Mae Karelse is a qualified Yoga Teacher Trainer (2005), Ayurvedic Practitioner (2007), Yoga Therapist (2008), Mindfulness Teacher (2010) and systems change expert. She has delivered multiple Yoga Teacher Training, Mindfulness Teacher Training, and Yoga Therapist Training courses. As Founder of Clear Mind International, Cathy-Mae embeds social justice in all her work. She adopts a holistic, systemic approach to personal mastery for her students and designs systems of health for individuals, organisations, communities and society at large. She publishes in numerous fields, presents at conferences, and recently completed a cross-disciplinary PhD at SOAS on Mindfulness and Justice.

Tarik Dervish



Tarik is a qualified and experienced Yoga Teacher/Trainer and Ayurvedic practitioner. He runs an Ayurveda clinic in Kings Cross and workshops in Yoga and Ayurveda nationwide. He is a regular contributor to Spectrum, the BWY magazine, and a contributor to the successful book *Yoga Teaching Handbook* and the recently released *Yoga Student Handbook*. He has been teaching Yoga since 1997 and has had a wide variety of trainings from Iyengar, Satyananda, Sivananda and more recently Scaravelli traditions. His main approach is to help students establish a sound physical practice that is appropriate for their Constitution as a foundation for deeper, more subtle meditative work.

Astra Farquharson



Astra came to yoga over 20 years ago to help with chronic pain and stress. In 2011 she swapped lobbying for leggings to become a yoga teacher. Astra is a BWY Foundation Course Tutor and Founder of Therapy Yoga. She is influenced by the Viniyoga tradition and Scaravelli teaching styles. Having trained in Mindfulness with the BWY and CMI, Astra now centres compassionate awareness in her personal practice and teaching approach. When she is not teaching yoga classes or mindfulness courses she is recording her podcast 'Your Mindful Month' as well as trying to keep up with her two youngsters.

Laura Le Feuvre



Laura is a BWY Diploma Teacher teaching regular group classes, private classes, and classes in schools. As a BWY Diploma Course Tutor, she trains aspiring yoga teachers as well as offering the BWY Foundation Course to those who wish to study and practice yoga in more depth. Originally from a nursing background, Laura is drawn to the therapeutic and healing aspects of yoga, applying this knowledge and experience to her teaching and training courses. Laura has taken further trainings: yoga during pregnancy, yoga for insomnia, the well woman yoga therapy module, the BWY Ayurveda module and has taken an advanced training in meditation.

Application Form



British Wheel of Yoga

Progression Course

**September 2021 –
April 2022**

Strictly confidential.

Please insert a photo of yourself here. This is for identification purposes only.

BWY Progression Course Application	Today's date:
Family Name	
First Name	
Date of Birth:	
Time of Birth: (if known)	
Place of Birth (town)	

Address (including borough)	
Phone	
Mobile	
Email address	
Years of yoga study	
<u>Experience in:</u>	
Asana	
Pranayama	
Meditation	
Mantra	
Yoga philosophy	
Style of yoga you teach Name of Certificate course tutor, if applicable	
Why do you wish to take this course?	
What are your other interests?	

Academic background and relevant previous qualifications	
Occupation	
<p>Are you currently teaching yoga?</p> <p>Do you have other teaching experience?</p>	
<p>Please detail any circumstances which you feel may affect your participation in the course.</p>	

I hereby declare that the above stated information is true and I take full responsibility for any health conditions that may be affected by attending this course. I have read and agree with the Terms and Conditions as laid out in the prospectus.

Your signature

Date:

Please return this form with an electronic copy of your BWY Certificate, if applicable, to: info@cathymae.com