

# YOGA TEACHER TRAINING

**BWYQ Certificate in Yoga Teaching**



**TARIK DERVISH & DR CATHY-MAE KARELSE**

# TABLE OF CONTENTS

This information pack .....	1
Certificate Versus Diploma .....	2
USP: <u>Ayurveda</u> .....	3
Experiential Learning and Early Teaching .....	3
Blended Learning .....	3
Basic course information .....	4
Introductory Day .....	5
Course Dates: (Location <u>London Rehearsal Space</u> (LRS) or Zoom) .....	5
Costs .....	5
Initial Costs.....	7
Early bird discount: .....	7
General Course Structure.....	8
Anatomy and Physiology .....	8
Brief Outline of Syllabus .....	8
A Competency-Based Qualification .....	9
Assessment.....	9
Late submission of work .....	10
Complaints procedure.....	11
Frequently Asked Questions .....	13

Testimonials.....	14
The Application Process .....	15
Pre-requisites: .....	15
Introductory Day .....	16
Try us out! .....	16
How to apply for the TTC.....	17
About Us .....	18
Cathy-Mae Karelse, PhD .....	18
Tarik Dervish .....	18
Application Form (PLEASE SEE SEPARATE DOCUMENT) .....	19
The Written assignment: .....	22

# **BWYQ CERTIFICATE IN YOGA TEACHING SEPTEMBER 2021- NOVEMBER 2022**

Dear Prospective Student

Thank you for your interest in the BWYQ Certificate in Yoga Teaching. You've made a good choice. The British Wheel of Yoga (BWY) is the governing body of Yoga in the UK and its teacher-training courses meet the highest OFQUAL regulated standards. By completing a BWY teacher-training course with us, you can be confident that you are being trained by well established, highly experienced experts to pass your knowledge and skills on to the next generation of practitioners, professionally.

## **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, it is work-intensive, and you will need to make time for assignments and practice as well as setting up and teaching a regular class.

The course runs for 24 days over 13 months on Saturdays and Sundays (10.00am-5.00pm), approximately fortnightly or monthly. It comprises **±170 contact hours plus a further 150 hours of self-study** (over 300 hours in total).

## **CERTIFICATE VERSUS DIPLOMA**

The Certificate programme is designed to meet the needs of aspiring Yoga teachers with foundational skills to start running general classes for the public at large. You will learn comprehensive, essential skills such as:

- Course and lesson planning
- Teaching asana, breathing and relaxation
- Understanding vulnerable areas and how to adjust and modify
- Analysing asana fully, including their relation to anatomy and kinesiology as applied to yoga teaching
- Legal and professional considerations in teaching and marketing yourself online
- Foundations of Yoga and Ayurveda philosophy
- Teaching online

This highly practical course will equip you with all the tools you need to confidently get out there and teach.

The BWY Diploma course builds on the skills and knowledge contained in the Certificate, spending more time integrating Yoga philosophy into a wider range of teaching skills.

Should you wish to upgrade your Certificate to a Diploma or to work with special groups, it is possible to undertake further training.

## **USP: AYURVEDA**

This programme which is as much about your personal development as it is about becoming a teacher, references Ayurveda where relevant. We will touch on the fundamental principles and how to apply them to yoga teaching.

If you are not already aware of the basic tenets of Ayurveda, you can gain this foundation by attending the BWY accredited **Ayurveda in Action Online Programme**. This extra training is not compulsory, but it deepens the spiritual elements of yoga practice and adds layers to your teaching.

For further information, click on the link above.

## **EXPERIENTIAL LEARNING AND EARLY TEACHING**

At the BWY we believe that you learn best by doing and you will start teaching very early in the course. The beauty of BWYQ Teacher Training courses is that you are insured to teach from Day 1 as a Student Teacher (on condition that you have a current Emergency First Aid at Work Certificate, attainable in a day).

Our priority is to train you to teach Yoga not merely to practise it. You will learn how to teach live classes as well as online.

All practical work has a teaching focus of some kind. If you are considering a course for personal development purposes only, you might consider a BWY Foundation Course or one of the BWY specialised Modules instead.

## **BLENDED LEARNING**

Blended learning is a balanced approach that ultimately enhances and embeds learning for all.

A portion of the programme will be delivered online. Depending on Public Health England regulations, fourteen days will be delivered via the Zoom platform with lectures recorded. This allows you to save on travel expenses yet continue to develop your skills and knowledge in the comfort of your own home with the opportunity to listen back on lectures as many times as you need to. Many areas of the course are more effectively delivered online including:

- Role and responsibilities of a yoga teacher
- Principles and practice of teaching
- Asana analysis
- Yoga and Ayurveda philosophy
- Course and lesson planning
- Understanding the stress response

You apply the underpinning knowledge gained online during the live training weekends and the retreat thus combining theory and practice.

## **BASIC COURSE INFORMATION**

**Course duration:** Oct 2021-Nov 2022

**Days:** SATURDAYS and SUNDAYS (usually fortnightly or monthly)

All live days will be on Sundays and online days will be on Saturdays.

**Time:** 10.00am- 5.00pm

**Place:** London Rehearsal Space (Moorgate) **OR** Zoom (Online platform)

**Dates:** Introductory + 24 days. Online training days are highlighted, depending on government regulations.

**Introductory Day: Sunday Sept 5<sup>th</sup> 2021, 10am-3pm, at London Rehearsal Space in Moorgate.**

**Course Dates:** (Location London Rehearsal Space (LRS) or Zoom)

	Sept 5 <sup>th</sup> -	Intro Day- <b>Live- LRS</b>
1	Oct 3 <sup>rd</sup>	Induction- <b>Live-LRS</b>
2	Oct 16 <sup>th</sup>	Online
3	Nov 7 <sup>th</sup>	<b>Live- LRS</b>
4	Nov 20 <sup>th</sup>	Online
5	Dec 5 <sup>th</sup>	<b>Live-LRS</b>
6	Jan 22 <sup>nd</sup> 2022	Online
7	Feb 12 <sup>th</sup>	Online
8	Feb 27 <sup>th</sup>	<b>Live-LRS</b>
9	March 5 <sup>th</sup>	Online
10	March 19 <sup>th</sup>	Online
11	March 27 <sup>th</sup>	<b>Live- LRS</b>
12	April 9 <sup>th</sup>	Online
13	April 24 <sup>th</sup>	<b>Live-LRS</b>
14	May 7 <sup>th</sup>	Online
15	May 22 <sup>nd</sup>	<b>Live- LRS</b>
16	June 11 <sup>th</sup>	Online
17	June 25 <sup>th</sup>	Online
18	July 9 <sup>th</sup>	Online
19	July 16 <sup>th</sup>	<b>Online</b>
20	Sept 4 <sup>th</sup> 2022	<b>Live- LRS</b>
21	Sept 17 <sup>th</sup>	Online
22	Oct 1 <sup>st</sup>	Online
23	Oct 15 <sup>th</sup>	Online
24	Nov 6 <sup>th</sup>	Final day- <b>Live- LRS</b>

## COSTS

Item	Cost (±)	Date due
<b>Introductory Day</b> Sun Sept 5 <sup>th</sup> 2021, 10am-3pm	£Free	
<b>Deposit</b> (non-refundable)	£1000	Sept 7 <sup>th</sup> 2021(deadline)



<b>Remaining Fees</b> (excluding deposit)  Includes: 3-day Residential (3 nights)	£2400	£240 monthly by Standing Order for 10 months commencing 1 Oct 2021.
<b>Total Cost</b>	<b>£ 3400</b>	
<b>Other costs</b>		
<b>BWY Membership Fee</b> (including insurance, renewable annually)	£94	Paid directly to the BWY upon registration by first day of course.
<b>Registration fees</b>	£200	Via BWY website before start date
<b>First Aid Course</b>	Variable	In first 6 months, prior to teaching (fees paid directly to provider)
<b>Books:</b> Estimated	£100	Continuous
<b>Personal development</b> (attending other yoga courses and classes to maintain your own practice)	Variable	Continuous
<b>BWY Anatomy and Physiology</b> Correspondence Course	£25	First Part of course or prior
<b>Travel expenses</b>	Variable	Your journey to and from central London approx. 1 day per month.  Travel to and from the retreat.  Assessor's travel expenses for ACT visit.

## INITIAL COSTS

The Introductory Day is FREE.

£1000 is payable upon acceptance onto the course. This includes your final Assessed Class Teaching.

A Standing Order of £260 for a period of 10 months to cover the remaining £2600, commencing on 1 Oct is required.

All administration fees following the Introductory Day and upon acceptance onto the course are due directly after the Online interview or the Introductory Day at the latest to secure your place on the course.

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, then a full refund is returned. If payment is not made in full, then we reserve the right to withhold certification.

### Early bird discount:

The early bird applies to full fees paid by July 31<sup>st</sup> 2021. You receive a £400 discount on the fee: **£3000 paid in full** (instead of £3400).

This offer expires at the end of July and won't be considered beyond this date.

Once accepted onto the course, you are expected to make a commitment to staying till the end.

### 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 cannot unfortunately be refunded unless there are extenuating circumstances.

## **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 will no longer be insured to teach. You will need to upgrade your normal BWY membership to Student Teacher membership which is currently £94.00. You will be instructed on how to do this.

## **GENERAL COURSE STRUCTURE**

The course syllabus attached with this pack provides a broad overview of course content. The qualification is divided into Units of Competency. This is a completely integrated course with elements from all aspects of the qualification interwoven throughout.

## **Anatomy and Physiology**

You will be expected to have a basic knowledge of Anatomy and Physiology before starting this course to be able to apply it to the teaching of Asana. To fulfil this requirement, complete one of the various online courses on the market. David Keil's is good but so are others. The BWY has an online A&P course which is only £25.00 and once you are a general member, you can sign up for that via the website: [www.bwy.org.uk](http://www.bwy.org.uk)

## **Brief Outline of Syllabus**

- Applied Anatomy and Physiology and the Teaching of Asana
- Yoga Breathing Practices and Relaxation
- Legal and professional aspects of Yoga Teaching
- Marketing

- Planning and Delivering a Yoga Course
- Teaching Asana: observation, adjustment and protection of vulnerable areas of the body
- Stress and how Yoga can help
- Teaching Online
- One to one guidance via two online tutorials

## **A COMPETENCY-BASED QUALIFICATION**

This is a competency-based qualification. 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.

## **ASSESSMENT**

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

- Written work in the form of Worksheets
- Micro-teaching to your peers
- Formal classroom teaching assessments
- Online assessments

You will present work in the form of an electronic Portfolio, submitted at the end of each unit of work. 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 summative assignments
2. Pass all aspects of your Assessed Class Teaching (ACT)
3. Attend at least 80% of the course.

The qualification guidelines are included in the attachment.

### **Late submission of work**

The course runs on a very tight schedule and late submission of assignments cause delays. To encourage prompt submission of work, you are charged **£15** for every late submission **unless an extension has been previously requested and granted**. Any monies raised by the end of the course will be used to celebrate your success or put towards a worthy cause.

### **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

## COMPLAINTS PROCEDURE

During your training, complaints should, first and foremost, be resolved directly with us. 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 other courses?

There are many good quality teacher-training courses. The following are the features of a BWYQ course that may influence your decision:

1. This course trains you to become a **safe and competent** Hatha Yoga teacher. The course is consistent with the BWY's eclectic approach rather than teaching you in one tradition alone. We both have extensive experience of working with a wide range of teachers from most of the main Yoga traditions

today. Our aim is to guide you in your own tradition and help you find your own inspiration in Yoga.

2. We are both **Ayurvedic Practitioners**. Ayurvedic practice and philosophy heavily influences the ways we teach Yoga. Some key elements of Ayurveda are therefore explored on the course.
3. Some courses are short and intensive with very large groups. These courses clearly have value embedded in rich traditions. Our programme invests in **time and personal guidance** to ensure you become a safe and competent Yoga teacher. We limit numbers to 20 students on any given course and one to one tutorial time is built into our programme. Even though a year-long course is considered short, it provides a sufficient foundation for you to start your teaching journey.
4. On BWY courses, we actively encourage students to set up classes from early on in the course. Once accepted onto the course and paid, you will be insured to start teaching immediately under our close guidance, on condition that you complete a one-day Emergency First Aid at Work training first. (Valid for three years)
5. You receive **email and peer support** from your tutors and peers from the start of the course. An email account and access to WiFi are essential for electronic assignment submission and review, and to create an e-folder of evidence. Furthermore, the BWY offers a range of Continuing Professional Development events to enhance your skills as a teacher and support you into the future. This course offers a peer support network that may last a lifetime. You will be able to use social media platforms such as WhatsApp to seek continuous support from your peers.

## **FREQUENTLY ASKED QUESTIONS**

### **1. I'm worried about setting up and running a class. Will I have help with this?**

This is probably the biggest anxiety students have about the course. You are required to teach a total of 15 hours to any number of students. We recommend classes of no less than 6 people, but this can start with two or three as long as you gain experience. You can practise teaching both online and live. This course has a two-pronged approach. You will be prepared to work with students using both platforms.

The course offers all the training you need to set up both a live class and/ or an online class. You will be trained in basic marketing techniques and kept up to date on all legal and professional considerations. You don't have to set up a class for the public. You can teach anyone including friends and family. In the past, students have borrowed their own teacher's classes, taught their work colleagues during lunch time and after work, taught in their local church or community centre, set up small classes in their living rooms and even taught one another. There are many opportunities to teach.

### **2. Is the qualification recognised?**

The standards of a BWYQ Certificate in Yoga Teaching 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.

### **3. Can I do the Certificate course without doing a Foundation course first?**

Both the Certificate and Diploma courses are quite intensive, so it is not possible to train you in the foundations of Yoga while you learn to teach it. You should have several years' Yoga experience at the



very least and ideally a Foundation Course under your belt though this is not essential. We do accept students with an appropriate background who haven't done the Foundation course but only where there is substantial Yoga experience or evidence of other relevant, prior experience related to bodywork, dance, therapy, and/or spiritual practices like Tai-Chi or healthcare. If you have little experience of Yoga or any related subject, this course is not suitable for you until you develop a strong foundation from which to teach. It is best to gain your experience from a live class, but we recognise the value on online classes also. You don't need to have completed your Foundation course to start this programme. If you have the time, the two courses can in fact complement each other.

#### **4. What happens if there are further lockdowns during the training programme?**

We now have experience in training teachers to deliver both live and online so if we are forced to limit live training days, the content and delivery will be re-organised, and work will continue as normal. We will move all live training needs such as observation, space management and student adjustment work to a later date when live training is able to resume.

#### **5. How much support will I get?**

The beauty of BWY courses is that our groups are never more than about 20 people so you will have lots of space to develop your own teaching style. You will have ongoing email support from your tutors as well as support from your peers via the WhatsApp platform. You will also get two one to one tutorials. The first takes place roughly half way through the course and the second after your final Assessed Class Teaching.

## **TESTIMONIALS**

*Tarik and Cathy's knowledge and experience makes an incredible package.*

*The course has been excellently delivered right from the Ayurvedic module to the TTC, the pace, the place, the recourses, the continuous support and motivation and the closure of the course. Above all, the authenticity and love we have been given throughout the course.*

### **Sofia**

*The tutors both provided excellent feedback and were always willing to answer the many questions in person, via phone and email and were extremely supportive when challenges arose, along with presenting solutions. It was great that peer to peer feedback was also incorporated and we learnt much from these group discussions.*

*An absolutely fantastic course – jam packed with really useful information. Would recommend to anyone who wants to understand the more in-depth aspects of yoga and what makes a good teacher and how to apply an ayurvedic approach*

### **Chantelle**

*Absolutely amazing and so inspiring.*

*Having two amazing teachers who brought different things to the training but who complemented each other so well.*

*The retreat half-way through was also amazing. It was great to spend more time with each other.*

### **Su**

*I truly enjoyed the course; I have learnt and benefit so much from it.*

### **Thippi**

## **THE APPLICATION PROCESS**

### **Pre-requisites:**

To have a chance of making a successful application, you will:

1. have a BWY Foundation Course Certificate or several years of relevant experience that you can draw upon.

2. be competent in both written and oral English (Minimum standard Cambridge First Certificate).
3. be IT literate to receive electronic handouts, engage in email correspondence and complete an electronic portfolio for each course Unit.
4. be attending a regular Yoga class (online or live).
5. have time and commitment for the course ( $\pm$  one day a week) outside of contact hours.

### **Introductory Day**

If your application and interview are successful, you will be offered a PROVISIONAL PLACE to be finalised via an online interview. After you have been interviewed, your place will be formalised and you will be invited to make a financial commitment to the programme by paying the initial deposit.

The Introductory Day (Sunday Sept 5<sup>th</sup> 2021) will address all aspects of the course. This offers the opportunity to work with us, get to know our teaching style and understand what is expected of you on the course. Following the Introductory day, all outstanding deposits must be paid.

The Introductory Day itself is free.

### **Try us out!**

We deliver an Ayurveda Online programme twice per annum as well as CPD days. Tarik runs workshops in yoga and Ayurveda all over the South East and regular online classes. For more information, please visit: [www.yogawell.co.uk](http://www.yogawell.co.uk). These learning opportunities offer a sense of how we teach and whether our teaching style is right for you.

## How to apply for the TTC

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 Foundation course, attach an electronic **copy of your certificate**.
4. We will invite you to an **ONLINE INTERVIEW**, if your application is successful

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 Us

### Cathy-Mae Karelse, PhD



Dr Cathy-Mae Karelse is a qualified Ayurvedic Practitioner (2007), Yoga Teacher Trainer (2005), Yoga Therapist (2008), Mindfulness Teacher Trainer (2012) and systems change expert. She trains Mindfulness Teachers, Yoga Teachers, and Yoga Therapists and works for Clear Mind International. Cathy-Mae embeds social justice in all her work. She adopts a holistic, systemic approach to generating 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 all over the country. 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. For more information visit his website [www.yogawell.co.uk](http://www.yogawell.co.uk)

## APPLICATION FORM (PLEASE SEE SEPARATE DOCUMENT)



**British Wheel of Yoga**

**Certificate in Teacher  
Training Oct 2021**

**Strictly confidential.**

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



<b>BWY Certificate Application</b>	<b>Today's date:</b>
<b>Family Name</b>	
<b>First Name</b>	
<b>Date of Birth:</b>	
<b>Time of Birth: (if known)</b>	
<b>Place of Birth (town)</b>	

<b>Address</b> <b>(including borough)</b>	
<b>Phone</b>	
<b>Mobile</b>	
<b>Email address</b>	
<b>Years of yoga study</b> <u><b>Experience in:</b></u> <b>Asana</b> <b>Pranayama</b> <b>Meditation</b> <b>Mantra</b> <b>Yoga philosophy</b>	
<b>Yoga teachers and style of yoga studied (including name of Foundation course tutor if appropriate)</b>	
<b>Yoga courses/workshops/events attended in last 3 years</b>	
<b>Why do you wish to take this course?</b>	
<b>What do you wish to do after the course?</b>	

**Academic background and relevant previous qualifications.**

**Occupation**

**Are you already teaching yoga? Or, have you taught before in other areas?**

**Please detail any circumstances which you feel may affect your participation in the course.**

**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 a copy of your Foundation Course Certificate if you have done one and completed assignment to: [info@clearmindinternational.com](mailto:info@clearmindinternational.com) scanning and attaching the required sheets.**



## **THE WRITTEN ASSIGNMENT:**

In no less than 500 words (and a maximum of 600) write about what brought you to Yoga and how it has benefitted your life. As part of this assignment, explain the link between *ahimsa* and justice and whether this is of interest to you.

Kindly set your computer to 1.5 line spacing for this assignment (see Format/ Paragraph/ Line spacing), using Arial/Times New Roman or Calibri fonts, 12 point.

**Name:**