

YOGA TEACHER TRAINING

BWYQ Certificate



TARIK DERVISH & CATHY-MAE KARELSE

TABLE OF CONTENTS

BWYQ CERTIFICATE IN YOGA TEACHING APRIL

2021-APRIL 2022.....1

This information pack.....	1
Certificate Versus Diploma	2
USP: <u>Ayurveda</u>	3
Experiential Learning and Early Teaching	3
Blended Learning	4
Basic course information.....	4
Introductory Day	5
Course Dates: (Light Centre or Zoom)	5
Costs	6
Initial Costs.....	8
Early bird discount:	8
BWY Membership	8
General Course Structure	9
Anatomy and Physiology	9
Brief Outline of Syllabus.....	9
A Competency-Based Qualification	9
Assessment.....	10
Late submission of work.....	11
Residential	11

Health issues	11
Complaints procedure	12
How does this course compare to other courses?	12
Frequently Asked Questions	13
Testimonials.....	15
The Application Process	16
Pre-requisites:	16
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	19
The Written assignment:	22

BWYQ CERTIFICATE IN YOGA TEACHING APRIL 2021- APRIL 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 12 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** and includes a 3-day, 3-night Residential.

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

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 throughout. As Ayurvedic practitioners, Ayurveda is built into the programme.

If you are not already aware of the basic principles of Ayurveda, you can gain this foundation by attending our live webinars or **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.

Click on the links above or request further information on our Ayurveda programmes.

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 BWY 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.

All practical work has a teaching focus of some kind. For personal development only, consider a BWY Foundation Course or one of the BWY specialised Modules.

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, nine 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: APRIL 2021-2022

Days: SATURDAYS and SUNDAYS (usually fortnightly or monthly)

Time: 10.00am- 5.00pm

Place: Light Centre Monument, 36 St Mary at Hill, Billingsgate, London EC3R 8DU **OR** Zoom

Dates: Introductory + 24 days. Online training days are highlighted.

**Introductory Day: March 20th 2021, 10am-3pm, LIVE at:
London Rehearsal Space**

Course Dates: (Light Centre or Zoom)

1	April 17 th	Induction Day Online
2	APRIL 24 TH	LIVE
3	May 15 th	Live
4	May 22 nd	Online
5-7	June 17 th – 20 th	Retreat Live
8	July 10 th	Online
9	July 17 th	Live
10	Sept 4 th	Live
11	Sept 5 th	Online
12	Sept 25 th	Live
13	Oct 9 th	Live
14	Oct 16 th	Online
15	Nov 20 th	Live
16	Nov 27 th	Online
17	Dec 4 th	Live

1	April 17 th	Induction Day Online
18	Dec 11 th	Online
19	Jan 22 nd 2022	Online
20	Feb 5 th	Live
21	Feb 6 th	Live
22	March 5 th	Live
23	March 12 th	Online
24	March 19 th	Final Live

Attendance at the **Residential** is compulsory and constitutes 3 full course days. Tuition and accommodation costs are included in the overall course cost, however, travel to and from the venue will need to be budgeted for separately. The retreat location, **Park Place Centre**, is easily accessible by road or rail.

COSTS

Item	Cost (±)	Date due
Introductory Day Sat March 20 th , 10am-3pm	£FREE	
Deposit (non-refundable)	£1000	March 31 st 2021

Remaining Fees (excluding deposit) Includes: 3-day Residential (3 nights)	£2600	£260 monthly by Standing Order for 10 months commencing 1 May 2021.
Total Cost	£ 3600	
Other costs		
BWY Membership Fee (including insurance, renewable annually)	£94	Paid directly to the BWY upon registration by first day of course.
Registration fees	£200	Via BWY website before start date
First Aid Course	Variable	In first 6 months, prior to teaching (fees paid directly to provider)
Books: Estimated	£100	Continuous
Personal development (attending other yoga courses and classes to maintain your own practice)	Variable	Continuous
BWY Anatomy and Physiology Correspondence Course	£25	First Part of course or prior
Travel expenses	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 the retreat and your final Assessed Class Teaching.

A Standing Order of £260 for a period of 10 months to cover the remaining £2600, commencing on 1 MAY 2020 is required.

All administration fees following the Introductory Day and upon acceptance onto the course are due directly after the Introductory Day 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 March 31st 2020. You receive a £250 discount on the fee: **£3350** (instead of £3600).

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

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.

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 you can sign up for that via the website: www.bwy.org.uk

Brief Outline of Syllabus

- Applied Anatomy and Physiology and the Teaching of Asana
- Yoga Breathing Practices and Relaxation
- Planning for Teaching and the Responsibilities of a Yoga Teacher
- Planning and Delivering a Yoga Course
- Teaching Asana: observation, adjustment and protection of vulnerable areas of the body

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 Essays, Questionnaires, Quizzes
- Micro-teaching to your peers
- Formal classroom teaching 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.

RESIDENTIAL

Residentials are an invaluable way of deepening your personal practice and focus. In the absence of daily distractions, you can dive deeper to create a truer connection with yourself. This is an essential aspect of becoming a Yoga teacher. Without this connection, teaching tends to come from the head rather than the heart. On the retreat, you gain deeper understanding of the Ayurvedic protocol and the value of daily routines. Teaching Yoga is much, much more than a technical exercise.

The compulsory 4-day Residential dates: June 17-20th 2021

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 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 other good quality teacher-training courses. The following are the features of a BWY 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 such as Sivananda and Bikram. 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 at least 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 receive a **“provisional” student-teacher licence** on condition of completion of a one-day Emergency First Aid at Work training (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.

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 on this course. We recommend classes of no less than 6 people, but this can start with two or three as long as you gain experience.

The course offers all the training you need to set up a class including marketing ideas and 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. Do I have to do the retreat?

Many students on numerous courses are overwhelmingly in favour of a retreat. It offers the opportunity to immerse yourself in integral Yoga that interweaves Asana, Pranayama, Mantra, Chanting and Meditation, and embeds some key Ayurvedic guidelines for establishing daily routines. As retreats have been so beneficial to students in the past, it is compulsory (extenuating circumstances aside) constituting three full training days.

4. 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. 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.

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
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. The Introductory Day (March 20th 2020 at the [London Rehearsal Space](#)) 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, we require a firm financial commitment: all registration fees, deposits and remaining initial costs are due by the March 31st 2020. Your confirmation letter outlines costs and how to pay them.

The Introductory Day itself is free.

Try us out!

We deliver an Ayurveda Online programme twice per annum as well as Live Ayurveda Webinars. Tarik runs workshops in yoga and

Ayurveda all over the South East with information found at: 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!

ABOUT US

Cathy-Mae Karelse, PhD



Cathy-Mae 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 PhD at SOAS on Mindfulness.

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

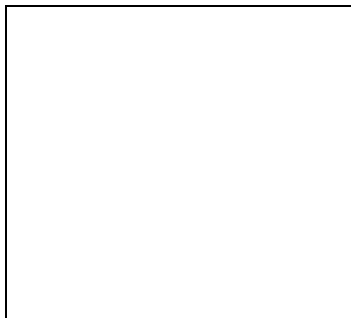
APPLICATION FORM



**British Wheel of Yoga
Certificate in Teacher
Training MARCH 2020**

Strictly confidential.

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



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

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 Introduction.

Your signature

Date:

Please return this form with a copy of your Foundation Course Certificate if you have done one and completed assignment to: tarik@yogawell.co.uk 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. 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: