



## THE BRITISH WHEEL OF YOGA TEACHER'S DIPLOMA

### OVERVIEW 2003

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*Yoga, by its nature, is difficult to assess. It is concerned with inward, subjective events, rather than outward, Objective performance. However, Education Authorities and students rightly require some assurance that the teacher will be competent. In drawing up this syllabus, the Education Committee of the British Wheel of Yoga has attempted to give equal weight to teaching ability and personal practice. Professional skill is mainly measured by an ability to help students practise safely within their personal limits. The teacher's understanding of the effects of Yoga techniques will be reflected in his/her ability to explain and demonstrate them.*

*A knowledge of the main tenets of basic Yoga texts is an essential foundation for understanding Yoga practices. Similarly, an understanding of the importance of the various physical techniques is enhanced by knowledge of anatomy, physiology, and kinesiology (how the body moves).*

### SYLLABUS

#### AIMS:

- (1) To enable students to develop the knowledge, skills and attitudes necessary to become effective, professional teachers of Yoga.
- (2) To provide a basis for the continued study of the philosophy, principles and practice of Yoga.

#### OBJECTIVES:

##### *BY THE END OF THE COURSE THE STUDENTS SHOULD BE ABLE TO:*

- (1) Teach preparatory movements prior to traditional asana practice, including joint mobilising and muscle warming techniques.
- (2) Progress with integrity into and out of a wide range of movements and hatha yoga asanas, ranging from simple to complex.
- (3) State the difference between prohibitions and precautions, relating this to knowledge of anatomy and physiology as well as to a teaching situation.
- (4) Modify movements, understand the reasons for modifications and be able to teach these. This could include resources to make the teaching more effective.
- (5) Recognise efficient breathing habits and teach the progression from basic breathing to pranayama using a range of yoga techniques including kriyas, mudras and bandhas.
- (6) Design and utilise a scheme of work, course plan and lesson plans.
- (7) Assess students' progress and achievements.
- (8) Evaluate their own courses and teaching skills.
- (9) Recognise the problems associated with beginners, mixed ability, and more experienced students.
- (10) Create a safe working environment for the teaching of Yoga, which must involve an interchange of information between teacher and student.

##### *BY THE END OF THE COURSE THE STUDENTS SHOULD HAVE A BASIC KNOWLEDGE OF:*

- (1) The principles of learning and teaching, including aims and intended learning outcomes (objectives), methods and organisation, assessment and evaluation techniques.
- (2) The English and Sanskrit names of yoga asanas and pranayama techniques.
- (3) Human anatomy and physiology.
- (4) How to apply their knowledge of anatomy and physiology in teaching movement, asana, breathing techniques, and pranayama.
- (5) The physiological and psychological effects of relaxation, concentration and meditation.
- (6) The techniques and theory of the kriya, mudra and bandha in the context of traditional teaching, and how these relate to the concepts of prana and pranayama.
- (7) The main paths of yoga, raja and hatha, and be able to outline the paths of jnana, karma and bhakti.
- (8) The origin and historical context of the set books for the Course and the reasons for their use.

*BY THE END OF THE COURSE THE STUDENTS SHOULD BE DISPOSED TOWARDS:*

- (1) Upholding the values and ethics of traditional Yoga teachings in both practice and daily life.
- (2) The acceptance of responsibilities compatible with the teachings of Yoga and the ethics of a professional teacher.

**REGULATIONS FOR COURSES STARTING JANUARY 2000 ONWARDS**

- (1) A group of students working together for the Diploma should not exceed 16 in number (or up to 25 if two or more tutors are running the Course).
- (2) The Course will be conducted by the BWY Diploma Course Tutor (DCT), with assistance from other qualified tutors where necessary.
- (3) All enquiries concerning the Syllabus and interpretation or application of its rules and standards, must be made to the British Wheel of Yoga Education Committee Chair. All applications for award of the Teacher's Diploma should be sent to the BWY Registrar at Central Office.

**In addition, all students wishing to gain the diploma must:**

- (1) Undergo a selection interview prior to the commencement of the Course with the DCT who will be their Course Tutor.
- (2) Have completed a BWY Foundation Course after attending classes acceptable to the British Wheel of Yoga for at least two years (experienced students may be granted exemption from Foundation Course element), and become members of the Wheel, prior to the start of the course.
- (3) Once successfully interviewed, attend a Registered BWY Diploma Course under the conditions required at the time of registration. British Wheel of Yoga Teacher Training Courses cover 500 training hours. The first stage in training consists of a Foundation Course. Exemption from this will be at the discretion of the Course Tutor. The second stage consists of an introductory day followed by four comprehensive structured units. In addition students are required to attend throughout weekly personal practice classes approved by the Course Tutor. Student teachers are also encouraged to attend In-service Training Events including BWY Congress, National Training Week, and Regional INST Course.
- (4) Fulfil the standards laid down in the Course practical work (due allowance being made for physical limitations) and continue to
- (5) Complete the written and practical assignments satisfactorily, within the permitted time-span for each Unit. Students who do not complete these assignments in time for Verification at the end of a Unit will incur time limits and financial penalties.
- (6) Undertake two Recorded Teaching Practices (RTP), one in Unit 2 and one in Unit 3. RTPs are designed to help and advise the student teacher, and may be observed either by the Course Tutor, another Diploma Course Tutor, or by a BWY Diploma Holder who has been trained to observe an RTP. The RTP Forms should be retained by the student teacher and submitted with the Application for Diploma at the end of the Course.
- (7) Undertake a Final Class Assessment (FCA) at the end of the Course, observed by an external Diploma Course Tutor (i.e. not otherwise associated with the student's Course). In the event of being found "not yet up to required standard", the re-assessment may be deferred for three months to enable weak points to be researched and corrected.
- (8) In the case of leaving the course due to re-location, injury or personal circumstance, apply to Ed Comm Chair for permission to complete the Course. This facility may only be used once and the student must complete the entire Course within five years.
- (9) **RENEW THEIR ANNUAL MEMBERSHIP SUBSCRIPTION** promptly throughout the Course and for the rest of their teaching career. Relevant membership numbers must be shown on the Diploma Application Form. Failure to renew teaching membership will result in removal from the teaching register. **Gift Aid payment of subscriptions is advisable.**
- (10) **Pay the current Course Registration Fee prior to the first course meeting. Pay the current Verification Fee one month before the end of Unit One.** These fees are non-refundable.

## CONTENT OF THE FOUR COURSE UNITS

### **(A) PRACTICAL:**

#### **ASANAS AND EXERCISES:**

Specific asanas have been allocated to each course unit. They are listed at the end of the assignment tasks for each unit.

Teachers should **practise** asana in a way appropriate to their own physical and psychological needs: asana should be performed with attention and care, exhibiting Patanjali's qualities of steadiness and ease (sthiraasukhamasanam, II 46).

Teachers should be able to **teach** a range of asana appropriate to their students. They must therefore have good communication skills, be able to observe their students, and possess a sound knowledge of the human body and the likely effects of yoga practices.

#### **PRANAYAMA:**

- (1) Effective basic breathing techniques
- (2) Ujjayi: Victorious breath (from simple to the use of kumbhaka and bandha)
- (3) Alternate Nostril breathing (various forms)
- (4) Bhastrika: Bellows breath. Forceful rhythmic inhalations and exhalations

N.B: Any recognised ratio acceptable for (1), (2) and (3).

#### **MUDRA AND BANDHA:**

An understanding of their practice, nature, types and effects.

#### **KRIYA:**

- (1) Tratakam (Gazing)
- (2) Jala Neti (Water nasal cleaning)
- (3) Jihva Sodhana (Tongue cleansing)
- (4) Nauli (Churning)
- (5) Kapalabhati (Cleansing Bellows breath)

#### **PRATYAHARA, DHARANA, DHYANA:**

- (1) Knowledge of several techniques of relaxation and concentration
- (2) Lying comfortably and still for relaxation.
- (3) Knowledge of the relationship between deep relaxation and meditation.
- (4) Sitting comfortably and still for meditation.

### **(B) THEORETICAL STUDIES:**

- (i) Knowledge of the main approaches to Yoga, through the study of the four set books: The Yoga Sutras of Patanjali, the Hatha Yoga Pradipika, the Bhagavad Gita and the main Upanishads. All applicants must own these books, in translations approved by their Course Tutor.
- (ii) Basic knowledge of anatomy, physiology and kinesiology. The likely effects of Yoga on:
  - (1) The Skeletal system
  - (2) The Muscular system
  - (3) The Digestive system
  - (4) The Circulatory system
  - (5) The Respiratory system
  - (6) The Nervous system
  - (7) The Endocrine system
  - (8) The Skin and Sense Organs

**(C). PROFESSIONAL STUDIES:**

Aimed at developing the ability of student teachers to:

- (1) Understand how learning takes place
- (2) Teach with due regard to student safety
- (3) Work with students in a group setting
- (4) Develop clarity of language, both in usage and diction
- (5) Respect students as individuals and help them accordingly
- (6) Plan effective courses and lessons with due regard to varying student needs.

*Latest Amendment September 2003*

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**We are committed:**

\* To be progressive, expanding and professional

\* To act as focus for yoga organisations in the UK

\* To work together to promote benefits

\* To provide facilities for all people regardless of age, ability, class, colour or creed