

British Wheel of Yoga Teacher Training Diploma Overview



Part One 'Preparing to Teach Yoga'

This part consists of the following units to be taught concurrently:

Unit 1: Applied Anatomy & Physiology and the Teaching of Asana

Unit 2: Yoga Breathing Practices and Relaxation

Unit 3: Planning for Teaching and the Responsibilities of a Yoga Teacher

Plus additional course content (not to be formally assessed):

Mindfulness: Theory & Practice

Philosophy: Discussions on aspects of the Upanishads, Bhagavad Gita, Patanjali's Yoga Sutras and the Hatha Yoga Pradipika

History of Yoga: An Overview

Pre-requisite knowledge: Students will have completed the BWY course 'Essential Anatomy and Physiology' prior to the commencement of the course or before the end of Part One. Student teachers with an existing anatomy & physiology qualification may be given credit for their prior learning subject to RPL Guidance.

Part Two 'The Teaching & Philosophy of Hatha Yoga'

This part consists of the following units to be taught concurrently

Unit 4: Planning & Delivering a Yoga Course

Unit 5: Teaching Asana: observation, adjustment and protection of vulnerable areas of the body

Unit 6: Hatha Yoga and Pranayama (to include an exploration of the subtle pranic system e.g. vayus, nadis, chakras, granthis & kundalini)

Plus additional course content (not to be formally assessed):

Ayurveda: Background knowledge of the doshas, prakruti & vikruti , as applicable to yoga teaching

Tantra: Introductory study of the system of Tantra and it's relationship to Hatha Yoga

Pre-requisite knowledge: Students will have completed Part One of the course or have established evidence of special considerations. Students must hold a current first aid certificate

Part Three 'The Teaching & Philosophy of Meditation and Progression in Yoga

This part consists of the following units to be taught concurrently

Unit 7: The Teaching and Philosophy of Meditation

Unit 8: Progression in Yoga (teaching with more subtlety & the development of practice over the longer term)

Plus additional course content (not to be formally assessed):

Mantra: The theory & practice

Pre-requisite knowledge: Students will have completed Parts One and Two of the course or have established evidence of special considerations. Students must hold a current first aid certificate

More details on the course syllabus will be available at the induction days and meanwhile if you have any specific questions on the syllabus I will be happy to hear from you.