

British Wheel of Yoga Teacher Training Diploma

Starting October 2015



Your time commitment

- ❖ The Diploma course is set-up in a modular format.

PART ONE	16 meetings
PART TWO	12 meetings
PART THREE	10 meetings

- ❖ Total of 38 days over approximately 3 years.

- ❖ Meetings will be one Sunday per month.

- ❖ The days are generally structured as follows:

9.30am	Arriving and refreshments plus administration
10.00am	Morning sessions begin
1.00pm	Lunch
1.30pm	Afternoon sessions begin
3.30pm	Break
3.45pm	Last session begins
5.00pm	Departures & any questions

- ❖ Days missed may have to be made up, by arrangement with your Tutor
- ❖ You will be required to regularly attend a weekly yoga class to continue to develop in your own personal practice.
- ❖ You will be expected to develop your own home practice at various points within the course, these will especially relate to the practice of mindfulness training pranayama techniques and meditation practice.
- ❖ There will need to be time set aside for reading, reflection, writing assignments, and preparing for teaching practices and class discussions. This time is variable, but a rough estimation would be around two to three hours per week.
- ❖ You will be encouraged to attend seminars, in-service training days, retreats, etc.
- ❖ There will be time spent preparing for and teaching your own class if you choose to teach whilst studying for the Diploma.

