

# British Wheel of Yoga Qualifications Level 4 (RQF)

Progression Course  
Leading to the BWY  
500 hour level 4 Diploma  
In Teaching Yoga.

2027

Online From The Comfort of Your Own  
Home.



# You will Receive

- A world-respected Yoga Teaching Diploma, developing on your previously gained knowledge of yoga. Incorporating History, Philosophy, *Prāṇāyāma*, Meditation, Advanced *Āsana* and the foundations of modern yoga.
- Students who have already completed the BWY L4 Certificate in Teaching Yoga will have 95 Live online course contact hours over 11 months
- Guidance and support from the Course Tutor and visiting online guest tutors.
- Comprehensive course material and hand-outs via our course website.
- Insurance as a BWYQ Student Teacher.

## On completion:

- Diploma holders will be fully licensed and insured as BWYQ teachers.
- You will gain an Ofqual Level 4 recognised qualification.
- You will receive support from the BWY during your entire career.
- After 2 years Diploma holders can train as a Foundation Course tutor after 5 years a Diploma course Tutor.

## On the journey you will:

- Significantly enhance your own yoga practice.
- Meet like minded people with the same passion as you for yoga.
- Learn and develop from each other including feedback from peers.
- Teach! Initially, small practices moving up to observed teaching practices.
- Have a great life affirming time.



# British Wheel of Yoga Qualifications (BWYQ)

- BWYQ is an independent awarding organisation offering qualifications regulated by Ofqual.
- Ofqual-regulated yoga teacher training qualifications at Level 4 in the Regulated Qualifications Framework (RQF) are offered.
- Courses are delivered by highly trained and qualified BWY Diploma Course Tutors (DCT's).
- **Key Point** : This is the highest level of yoga teacher training available in the UK and the qualification is recognised by Ofqual at Level 4 (equivalent to the 1<sup>st</sup> year of a degree).



For more information, please go to :- [www.bwyq.org.uk](http://www.bwyq.org.uk)

# Progression Course Student Requirements

- Hold a BWY L4 Certificate in teaching yoga
- Commit to attending at least 80% of the course.
- Be able to use a computer and have regular access to email (course homework is only submitted electronically in word format). If you use a MAC you will need to download office for MAC.
- Possess satisfactory English literacy skills.
- Complete a first aid course.
- Complete application form. Medical, financial and learner agreement forms. will be emailed to you after your interview.
- Provide a reference from your current yoga teacher



# Student Requirements continued

- Continue to practice regularly throughout the course. Attendance of a minimum of one weekly class is expected, however the more classes you attend the more experience you will gain (we ask that your teacher signs a class attendance form for you).
- Prepare for each session and keep notes when appropriate.
- **Complete assignments by the given deadlines.**
- Be prepared to take up Student Membership of the BWY.
- Purchase and read the recommended course books.
- Co-operate with others in the spirit of yoga.



## L 4 Diploma Qualification

Unit A1- Professional Responsibilities of a Yoga Teacher

- Unit A2 –Basic Breathing and Relaxation **Obtained on the Certificate course**
- Unit A3 – Preparing for *Āsana* **Obtained on the Certificate course**
- Unit B – Approaching *Āsana*, Basic Breath Control and Relaxation **Certificate course**
- Unit C – Effective Planning, Teaching, Assessment and Evaluation **Certificate course**
- Unit D – The Classical Foundations of Modern Yoga.
- Unit E – Incorporating Philosophy, *Prāṇāyāma*, Meditation and Advanced *Āsana*.



# Formative and Summative Assessment

- Your tutor-assessor will be setting assignments throughout your course. Some of these will be **formative assessments**; ongoing assessment, formal and informal, which happens during the learning process to check your understanding and to highlight what needs to be done to move you forward. These are devised by your centre/tutor-assessor and are not part of the BWYQ assessment requirements.
- For the BWYQ regulated qualifications, **summative** assessments will be submitted to the awarding organisation. This is formal assessment at the end of a unit or course and shows your attainment in relation to benchmark standards (assessment criteria). In other words, it assesses the end product of the learning



# Formative and Summative Assessment

Below is an example of one Summative assessment and one formative assessment

- **Summative Assignment No. 8 Patañjali**

- Explain your understanding of the first four verses of the Yoga Sūtras. Describe their significance in a contemporary context. Briefly explain the meanings of *dharana*, *dhyāna* and *Samādhi*.
- Give rationale for how you would introduce and teach Concentration/Meditation to a mixed ability class
- Discuss two of the follow including personal relevance:
  - *Abhyāsa and Vairagya*
  - *Kleśha*
  - Kriya Yoga
  - *Vikṣepāḥ*
  - *Īśvara*
- Describe how a philosophical principle can be integrated in the teaching of a general yoga class



- **Formative Assignment 5 Meditation Practice**

- Maintain a daily meditation practice under the Tutor's guidance. To be evidenced by a diary showing time, duration, technique

# Course Costs

**Total cost of course to include all online training days, all tutoring. Course materials including all handouts and access to our password protected course website. The cost also includes a 1-1 mentoring session part way through the course.**

**Students progressing from the BWY certificate in teaching yoga £1450**

**£450 deposit + £100 per month for 10 months**

- A financial agreement will need to be read and signed when an offer of a place on the course has been accepted.
- Please note deposits are non-refundable
- Please note a minimum number of students is required to make the course viable.



## BWY Students progressing from the Certificate in Teaching Yoga to the Diploma. Additional Costs

- **Registration** with **BWY £75** and Registration with **OFQUAL £75**
- **A First aid course** (Please make sure this is up to date)
- **Books.** **Costs will vary; a reading list will be sent to you.** NB Many books can be purchased secondhand, and some are free or much cheaper via kindle.
- **Assessed Final Teaching practice £125 online or £150 in person.** (There is 1 Final teaching practice at the end of the course). Please note the tutor will travel a maximum of 30 miles for an in person Final Teaching practice, otherwise the practice will be live online.



## Course Dates

(provisional Please note these might be subject to change)

- **Sunday Feb 28<sup>th</sup>**      **9.30am-12.30pm Introduction morning**
- Sunday March 21<sup>st</sup>      8.30am- 3.30pm
- Sunday April 25<sup>th</sup>      8.30am-3.30pm
- Sunday May 30<sup>th</sup>      8.30am-3.30pm
- Sunday June 20<sup>th</sup>      8.30am-3.30pm
- Sunday July 31<sup>st</sup>      8.30am-4.30pm
- Sunday August 22<sup>nd</sup>      8.30am-4.30 pm
- Sunday September 19<sup>th</sup>      8.30am-4.30pm
- Sunday October 17<sup>th</sup>      8.30am -4.30pm
- Sunday November 14<sup>th</sup>      8.30am-4.30pm
- Sunday December 12<sup>th</sup>      8.30am-4.30pm
- Sunday January 23<sup>rd</sup>      8.30am-4.30pm
- Sunday February 20<sup>th</sup>      8.30am-2.30pm



Please contact Clare at [Clare.Harmonyyoga@gmail.com](mailto:Clare.Harmonyyoga@gmail.com) for an application form.

Interviews will be held over Zoom.

“Teach what is inside you, not as it applies to you, to yourself, but as it applies to the other,”  
T. Krishnamacharya



**We are very much looking forward to welcoming you on our course and if you do have any questions, please do not hesitate to contact us at;**

**[Clare@harmonyoga.co.uk](mailto:Clare@harmonyoga.co.uk)**





HarmonyYoga

BREATHE, RELAX, BE.

[www.harmonyyoga.co.uk](http://www.harmonyyoga.co.uk)



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CLARE GIBSON MA, PGCHE BWY DCT.