



With Paul Fox BWY Dip DCT

45 Marley Close, Minehead, Somerset TA24 6DS

07782413146 Email: paulfoxashtanga@hotmail.com Website: www.corestrengthyoga.co.uk

British Wheel of Yoga Teacher Training in Northampton

Course Information Sheet – maximum of 18 students

The BWY Diploma Course provides a thorough grounding in the practice and theory of yoga and will equip you with all the skills you need to start a rewarding career as a yoga teacher.

Course Dates

Introductory Day

Saturday 30th October 2010

Course Meetings

2011

Saturdays: 29th Jan; 5th March; 26th March; 16th April; 21st May

Residential 1: Friday 24th – Sunday 26th June

Saturdays: 23rd July; 3rd September; 8th October; 12th November; 10th December

2012

Saturdays: 14th January; 25th February; 24th March; 21st April; 19th May;

Residential 2: Friday 15th – Sunday 17th June

Saturdays: 14th July; 15th September; 20th October; 17th November; 15th December

2013

Residential 3: Friday 25th – Sunday 27th January

Saturday 23rd March (final verification and end of course)

Course Hours

245 tutor-led hours as follows

Introductory Day = 5 hours.

10am – 4pm (lunch 1-2pm)

21 Saturdays = 168 hours

Saturday schedule: 9am – 6.15pm (lunch 45 mins + 2 x 15 min breaks) = 8 hours

3 Residential weekends = 72 hours

Residential schedule:

Friday: 10 – 1pm; 2 – 6pm; 8 – 10pm (one 15 min break in afternoon) = 8.75 hours

Saturday: 9 – 1pm; 2 – 6pm; 8 – 10pm (+ two 15 min breaks) = 9.5 hours

Sunday: 9 – 1pm; 2 – 4pm (one 15 min break in the morning) = 5.75 hours

Lunch 1 – 2pm; Dinner 6.30pm. Residential = 24 course hours

Financial Information

Course fees = £2,500

Residential weekends 3x £160 = £480

BWY registration and verification fees = £120

Set books = £40 approx

Teaching practice observations = £200

TOTAL COST OF THE COURSE = £3,340

NOTE 1: You must also be a student teacher member of the BWY which costs £60 a year (current prices). This includes a range of benefits **and** your insurance cover to teach.

NOTE 2: After being accepted onto the course you are required to pay a £200 non-returnable course fees deposit. At the first course meeting in January 2011 you will pay £1,000, again non-returnable. A second payment of £1,000 will be due at the January 2012. The final balance of £300 will be due at the January 2013 meeting. For those on a budget, payments may be scheduled by arrangement with Paul.

NOTE 3: You will be able to start teaching your own classes and earning money from the end of Unit 1 – September 2011. It is common for student teachers to earn back the cost of their course fees by teaching yoga classes.

Content of BWY Diploma Course

This is a brief outline of the content of the course and methods of assessment. The course is at Level 4 in the national framework of the Lifelong Learning Sector. The course takes place over four units, covering the following subject areas:

Unit 1 – approx 9 months

Anatomy & Physiology related to yoga practice, stress & relaxation, nutrition, basic breathing and the setting up of a yoga class. This unit prepares you to teach so that you can begin teaching your own classes from September 2010 if you want to, and earn while you learn.

Unit 2 – approx 9 months

The Hathayogapradipika, Prana, Pranayama, Mudras, Bandhas, Chakras and Observation and Analysis in teaching

Unit 3 – approx 4 months

Yoga Philosophy including Patanjali's sutras (key text), Buddhist thought, the Bhagavad Gita and The Upanishads, Concentration, Meditation, Mantra.

Unit 4 – approx 4 months

A return to applied anatomy and physiology in more depth – the purpose and preparation of asana and adapting yoga poses for vulnerable areas of the body. Teaching beginners, more advanced students and mixed ability groups; Professional Studies, including how to draw up a scheme or work and lesson plans.

Assessment

The course is a practical as possible. Every time the group meets most of the morning will be taken up learning how to prepare for and teach a particular posture. Once you have gained some experience, these sessions are led by students (eg one does preparation and one does the posture, modifications, variations and a counterpose). Guidance and advice is given by the tutor on the content of these micro-teaches. You also give an assessed peer group talk on anatomy and physiology, and there are three peer group assessed teaching practices on breathing & relaxation, meditation and teaching a posture. Other work is written and marked by the tutor. In addition, during the course you will be observed teaching a yoga class three times by an independent external assessor, in Units 2, 3 & 4. The first two times are formative assessment (ie no pass or refer, just feedback on areas you need to work on). The Final Class Assessment is Pass or Refer (ie you pass or have to do it again until you pass). On my last course all 14 students passed their FCA first time.

Homework

You will need to set aside 2-3 hours per week to keep up with the course. Homework will involve writing assignments, preparing for practical assessed work and preparing for teaching practices.

Word Processing, email and online learning

It is a requirement of the course that you have access to email, the internet and a computer on which to write your assignments. Handwritten assignments cannot be submitted. You will be given full guidance on each assignment via **Assignment Briefing Sheets**. We will also be using an easy-to-use online learning environment where you will share your work, ideas, queries and questions with other course members.

Set Books

An Introductory Guide to Anatomy and Physiology by Louise Tucker – Holistic Therapy Books – Amazon £6 - £11 (old edition would be fine, or new one)
The Concise Book of Muscles – Chris Jarmey – Amazon £11.69
Yoga Sutras of Patanjali by Swami Satchidananda – Amazon £12.79
The Hatha Yoga Pradipika by Swami Muktibodhananda – Amazon £9.49
The Essence of the Upanishads by Eknath Easwaran – Amazon £7.19
The Bhagavad Gita – A Walkthrough for Westerners by Jack Hawley – Amazon £6.75

Strongly recommended Books

Anatomy of Hatha Yoga by David Coulter – definitive guide to A&P and yoga
The Key Muscles of Hatha Yoga and/or The Key Poses of Hatha Yoga by Dr Ray Long – published by Bandhayoga.com
The Heart of Yoga – TKV Desikachar – excellent book with bonus of another sutra translation

Recommended Books

Yoga Anatomy – Leslie Kaminoff – very good on breathing
Light on Yoga by BKS Iyengar – a classic, but full of dodgy claims and practices
Asana, Pranayama, Mudra and Bandha by Swami Satyananda – good resource for kriyas, mudras and bandhas, less useful for asana
Yoga for You by Tara Fraser – still the best general introduction to yoga for beginners
Yoga Mind and Body – Sivananda Yoga Vedanta Centre – good on energy, prana and diet

The Yoga Bible – a cheaply available but sound resource
Breath: The Essence of Yoga by Sandra Sabatini

About the Tutor

Becoming a yoga teacher is about making a transformational journey from student to instructor. It is a rich and challenging journey and Paul will be there to support you every step of the way. My job is to empower my students, to provide stimulating and interactive teaching sessions to deepen their inquiry into yoga and help them to pass all the assessments on the course (see the testimonials page for the views of students themselves).

Paul has been teaching yoga for more than ten years and holds the BWY Diploma (May 1999) and a teaching qualification in Ashtanga Vinyasa Yoga (2006) from John and Lucy Scott. Paul also has a PGCE from Plymouth University, qualifying him to teach in the Life-Long Learning Sector. Paul is also a Foundation Course Tutor and Diploma Course Tutor for the British Wheel of Yoga, and teaches Continuing Professional Development Days to BWY teachers on anatomy and physiology and adjusting students in postures. He writes regularly about yoga for Spectrum, the journal of the BWY, and is also trained in Swedish Massage and Thai Yoga Massage.

All BWY Diploma Course Tutors follow the same syllabus, but each DCT brings his or her specialist knowledge and emphasis to the course. On my course, expect lots of interactive learning and a particularly strong emphasis on asana, anatomy and physiology and safe practice.

Course Testimonials (from last course)

"The Yoga course is the highlight of my life. It is providing everything I need to progress on the path towards teaching Yoga. I can sense my own transformation. Paul's approach is excellent due to his knowledge and enthusiasm for Yoga, his gentle encouragement and sense of fun and most of all he gives you belief in yourself and your ability to become a Yoga Teacher".

"I have found Paul's BWY Teacher Training Course to very informative, giving me a real insight into how many different aspects/subjects Yoga covers. I never thought I would be able to stand up in front of people and actually teach, but with the support of both Paul and the group – this is exactly what I am doing. The course has been both rewarding and inspiring."

For an application form download from www.corestrengthyoga.co.uk