

### **Course tutor Lucie Landau**

Originally a ceramic artist, Lucie trained in Scotland and later Japan. She taught ceramics at an Art College in Prague and later for Adult Education in England.

In 1999 she trained as a yoga teacher, and later as a Diploma Course Tutor with the BWY. At the same time, she completed her second degree in Hindi and Indian philosophy at SOAS in London.

She teaches regular classes, workshops, meditation courses and runs retreats. She has been teaching BWY Foundation and Teacher Training Diploma courses since 2005.

Lucie's interest in yoga started with her first visit to India in her teens when she met her spiritual teacher and studied with him for over 30 years. Her main interest is in yoga philosophy and how to apply it in daily life.

### **Assistant tutor Maggie Davis**

Maggie is a British Wheel Accredited Teacher who trained with The Yoga Academy and The Hastings and District Yoga Association. She has also trained with various teachers like Peter Blackaby, Simon Low and Donna Farhi on whose courses she assists from time to time. In the last 10 years she found a great inspiration with her Indian Teacher Professor Ojaswi Sharma.

Her special focus is on dynamic and restorative asana and Yoga Nidra.

She has been teaching in East Sussex for the last 18 Years offering weekly classes and day/ weekend retreats. Maggie is also a trained reflexologist and massage therapist.

Other specialist tutors will also be invited during the course.

For more information about the course please contact **Lucie** at [lucieindia@gmail.com](mailto:lucieindia@gmail.com) , [www.yogauniversal.co.uk](http://www.yogauniversal.co.uk)

## **BWYQ LEVEL 4 YOGA TEACHING DIPLOMA 500hrs**



**April 2018 to April 2020**

Silver Birches, Robertsbridge, TN325ET, East Sussex

**Introduction/Interview Day Sunday 14 January 2018**

**Induction Weekend 17-18 March 2018 (non-residential)**

### **Aims**

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

### **Pre-requisites**

- Practiced yoga for a minimum of 2 years, and class attendance on-going
- Completed BWY Foundation course or equivalent
- Personal Interview and attendance at Induction weekend
- Completed BWY online Essential Anatomy & Physiology for Yoga (or equivalent)
- Easy access to a computer and good IT skills, all assessments are submitted online
- Attendance on the Induction weekend

## Course overview

BWYT Teacher Training Diploma The BWYT Diploma course will equip you both professionally and practically to teach yoga to students with a wide variety of capacity and experience, whilst providing you with an underlying knowledge and understanding of yoga principles and philosophy.

This intensive 500-hour course takes place over a period of 2 years. It involves over 255 hours of contact time with the two tutors, the other 245 hours being made up of self study, workshops, classes, home practice and teaching classes.

## Syllabus Topics

The course is structured in 8 Units.

### Asana - preparation, modification and counter-pose

How to design a yoga practice; Key points in the practice. Teaching of a set of core postures and their links to the human body and mind.

### Pranayama

Learning to improve the quality and length of the breath, including a number of techniques with ratio.

### Mudra and Bandha

Points of focus and action which can help to balance the flows of energy around the human system.

### Kriya

Techniques to cleanse the body systems and enhance the flows of energy. **Pratyahara, Dharana, Dhyana:** These are concepts and practices from Patanjali's Yoga Sutra, which are about deepening one's ability to focus the mind, and hold that focus for longer periods to approach the state of balance

### Yoga Philosophy

Patanjali's Yoga Sutras, Hatha Yoga Pradipika, Bhagavad Gita, Upanishads.

### Anatomy, Physiology and Kinesiology.

The body systems in some detail, and how yoga practices can influence them.

## Professional Studies

Developing participants' skills in leading others into the exploration of the theory and practice of yoga.

## Teaching methods

Predominantly workshop based. Participants will be expected to complete reading in advance to allow short presentations by the tutor leading to small group discussions.

## Assessment

- Written assignments on topics like Stress, Prana, Yoga philosophy etc
- Peer teaching of asana, pranayama, mudra, bandha and meditation
- Diary of personal pranayama practice
- Observed class teaching
- Lesson plans for each assessed teaching practice
- Detailed posture profiles
- 10 week course plan

All assessment is non-graded with emphasis on competence to teach yoga. All assignments will be either 'pass' or 'refer'. Assignments are submitted online for assessment by the tutors, the quality and consistency of marking is being checked by a BWYQ verifier.

## Certification

A BWY Teaching Diploma will be awarded on successful completion

## Dates of course sessions

<u>2018</u>	<u>2019</u>	<u>2020</u>
21-22 April	26-27 January	18-19 January
16-17 ay	9-10 March	14-15 March
16-17 June	27-28 April	25-26 April
14-15 July	18-19 May	
22-23 September	29-30 June	
3-4 November	21-22 September	
1-2 December	13-14 October	
	2-3 November	
	30Nov-1Dec	

**Time: Non-residential weekend sessions**

**Saturday 9.30am – 5pm and Sunday – 9.30am – 5pm**