



Prospectus

LEVEL 3 DIPLOMA IN TEACHING YOGA (PRACTITIONER)



WELCOME

Welcome to the Yoga and Pilates Academy prospectus for the Level 3 Diploma in Teaching Yoga (Practitioner) training course.

Yoga today means many things to many people. From the simplest of meditation techniques to a way of staying healthy and through asana practice the ancient science of yoga has become part of many people's lives. The subject is vast and stems from traditions handed down over 5000 years. Yoga has many paths and offers various ways to seekers of its many benefits. From the physical to the spiritual yoga has become an integral part of society in both the East and the West. People are increasingly realising the benefits of a more holistic approach to their busy lifestyles and in turn the number of people going to yoga classes has risen.

Teaching yoga can be rewarding on many levels. Helping others find the joy of yoga is a wonderful expression of our own joy of the practice. Understanding the teachings is the next step to becoming a good teacher, with an understanding of our place in the teaching of the teachings being the second step.

The Level 3 Diploma in Teaching Yoga is an award that attempts to bring the ancient teachings and the modern understanding of yoga together. Meeting the National Occupational Standards at level 3, the award is open to anyone who has been practicing yoga. YMCA Awards Qualifications having over 20 years of experience within the health and Fitness sector, saw a significant increase of public interest in yoga classes. Recognising the need for qualified yoga teachers, they created a syllabus from the criteria set by the lead bodies - The Level 3 Diploma in Teaching Yoga. Yoga and Pilates Academy are proud to be an accredited centre offering training to achieve this certification.

Course Outline

Qualification aim:

The aim of this qualification recognises the skills knowledge and competence of an individual to work in an unsupervised capacity : planning, instructing and evaluating a safe and effective Yoga class.

Qualification structure:

This qualification is made up of 10 units and 1 optional unit. To further support learners who don't have any previous anatomy and physiology knowledge the Level 2 Anatomy and physiology unit has been introduced as an optional unit.

Modules

Theory modules

- Level 2 Anatomy and Physiology for Instructors
- Level 2 Providing a Positive Customer Experience
- Level 2 Lifestyle Management and Health Awareness
- Level 3 Applied Anatomy and Physiology
- Fundamentals and Philosophy of Yoga
- Instructing group Yoga sessions
- Instructing one to one Yoga sessions
- A wide variety of asanas (positions), pranayama (breath control), mudra (hand positions), as well as meditation and yoga kriyas (cleansing techniques).

Practical modules

- How to adapt yoga practises to meet clients' needs during a yoga session
- How to review yoga sessions with individuals
- Plan, prepare, instruct and adapt yoga sessions
- Design a progressive programme of yoga
- How to deal with common conditions encountered in a yoga class
- Adjusting participants



UNIT 1: PROVIDING A POSITIVE CUSTOMER EXPERIENCE IN THE EXERCISE ENVIRONMENT

This unit develops the knowledge and skills an exercise and fitness professional needs to present themselves in a professional manner, provide excellent customer service and demonstrate effective communication skills. Above all, to provide a positive customer experience an exercise/Yoga teacher needs to ensure the exercise environment meets health and safety requirements.

UNIT 2: LIFESTYLE MANAGEMENT AND HEALTH AWARENESS

This unit develops the knowledge an exercise/Yoga teacher needs to promote a healthy and active lifestyle. This includes the importance of healthy eating and offering behaviour change strategies to support clients to adopt behaviours that will help to prevent a range of health conditions.

UNIT 3 AND 4: APPLIED ANATOMY AND PHYSIOLOGY

This unit covers essential anatomy and physiology knowledge a Yoga teacher requires for application to exercise programming and design for a range of clients.

- Bones and joints
- Muscles and muscle actions
- Energy systems
- Cardiopulmonary system
- Components of Fitness
- Nervous and endocrine systems

The Total Qualification Time (TQT) for this qualification is 367. With home study this is classed as a 500 Hour Yoga Teacher Course.

There are 10 Units to complete to achieve your certificate.

UNIT 5: PRINCIPLES OF PLANNING AND DELIVERING GROUP EXERCISE KNOWLEDGE

You will be required to fully complete a worksheet regarding planning and delivering group exercise.

UNIT 6: THE PHILOSOPHY AND FUNDAMENTALS OF YOGA

This unit provides the core underpinning knowledge that is essential for yoga teachers. Learners are required to complete the following Worksheets:

A: Fundamentals of teaching Yoga - philosophy

B: Fundamentals of teaching Yoga - practice

C: Precautions, modifications, modifications and benefits of Asana

D: Dealing with common conditions in a Yoga class

Subjects include:

- » The History of Yoga
- » The Bhagavad Gita
- » The Four Paths of Yoga
- » The 3 Gunas
- » Yoga Sutras
- » The Eight Limbs
- » Meditation

- » Mantra
- » Prana and the Pranic body
- » Nadis
- » Chakras
- » Pranayama
- » Mudra
- » Kriyas - Shatkarma
- » Bandhas

- » Precautions. Prohibitions, modifications and benefits of Asana
- » Dealing with common conditions encountered in a Yoga class

UNIT 7: YOGA PRACTICE JOURNAL

You will be required to produce a Yoga practice journal that reflects your development through the learning programme. You should aim to write two to three practices on an A5 sheet. Entries will be sent to your assessor every 2 months for signing off.

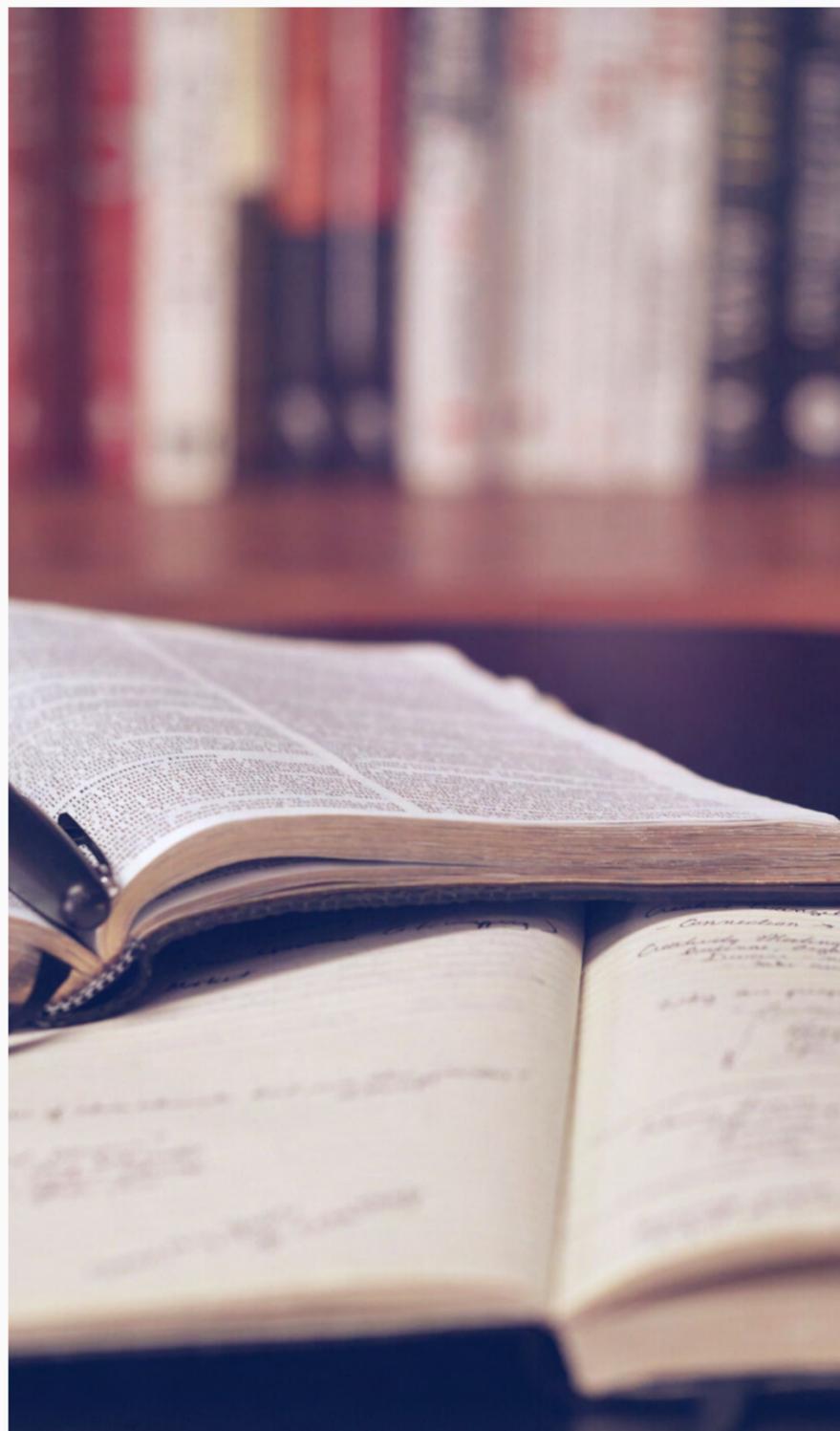
UNIT 8: SESSION PLAN

You will need to complete a detailed session plan covering components assessed in your summative assessment hour teach.

UNIT 9: PROGRESSIVE PROGRAMME AND VIVA

UNIT 10: OBSERVATION OF PERFORMANCE/SESSION EVALUATION

Teach a 1 hour mixed ability Yoga session including opening/warm up, Surya Namaskara, 7 Asanas, Ending/closing including a Pranayama and final relaxation.



Learning Materials:

- ACCESS TO YMCA E-LEARNING PLATFORM
- YOGA TEACHER TRAINING MANUAL
- ACCESS TO LEARNING VIDEOS
- MANUALS FOR LEARNING
- ACCESS TO THE STUDENT ZONE
24/7

How Does It Work?



You will attend 4 practical training days set over two weekends running Sat/Sun, or weekdays Monday - Friday , both will take place at our venue in Leigh-on-Sea, Essex. There will be a month between the training weekends and you choose the dates that suit you when you are ready and have completed the theory units online.

You may wish to study the Diploma in Teaching Yoga either as a full-time week day course or as a part-time weekend course. Both options are combined with online study and classroom-based learning.

- Duration: 4 days plus 1 day assessment

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Home Study

The first step towards training to teach yoga is home study (distance guided learning) of Units 1, 2, 3, 4, 5, 6, 7, and 8 . This gives you the freedom to study at a time that suits you and your lifestyle. You will have access to a designated blended learning tutor to help you out of hours and a study guide to help you with your training around your schedule.

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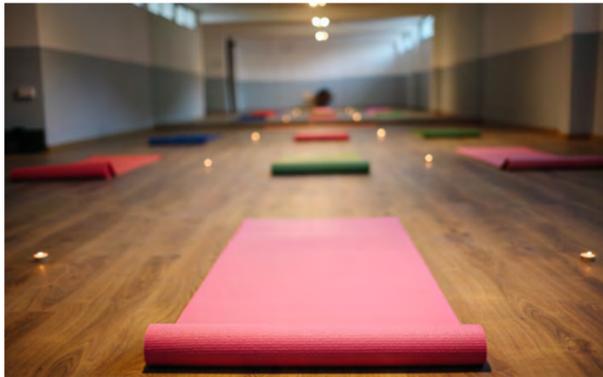
Practical Days

Once you have completed the theory side, the second part of your training will take place in the studio environment. These practical workshops are set over Sat/Sun 2 weekend installments over a month or Monday-Friday intensive. During this training, Units 9 and 10 of the diploma are taught along with other aspects of yoga including the responsibilities of a 21st century teacher, teaching of asanas, pranayama, mudra, bandha, meditation and yoga kriyas. The Yoga Sutras of Patanjali and the 8 limbs of yoga are focused on throughout the training with instruction of how and when to integrate these into your classes. The focus of teaching the breath with the asanas to bring concentration and inner quiet while building strength, flexibility and overall health draws from the 8 limbs and brings it into a western perspective. The three stages of practice are also explained (external, internal and soul limbs) along with the importance of teaching only that stage they themselves have achieved. Emphasis on of self practice along with self pacing are taught within the householder path of yoga.

HOW WILL I BE ASSESSED?

A combination of practical and written assessments including:

- Multiple choice theory papers
- Worksheet
- Workbooks
- Practical assessment
- Practice journal
- Lesson plans



WHAT WILL I QUALIFY WITH?

- YMCA Awards Level 3 Diploma in Teaching Yoga (Practitioner)
- 500 Hour Yoga Course
- 20 REPs points / Entry to REPs at Level 3
- 10 CIMSPA points

WHO CAN DO THIS COURSE?

- Anyone over 16
- We recommended one year's experience of practising yoga

HOW TO BOOK

Start today, once you pay your deposit or full payment on our website, your new journey begins.



Our tutors have experience of both preliminary and advanced levels, along with self- study, practice and western yoga schools' teachings.

We believe our courses enrich those ready to teach yoga with not only a certificate to teach but also a personal yoga journey that will enhance your own personal sadhana.

Frequently Asked Questions

Why does your course only take 7 months when others take 3 years?

A Yoga and Pilates Academy course is a condensed learning experience that takes on average 6 months of dedication and commitment. This is a 500 hour course offered over such a time frame because we believe the need for quality yoga teachers is high and so we have designed our training to be at a more modern pace. Other courses ranging from 3 years to 2 weeks are available from other training providers and we advise that you as a potential student take time to study other training options to ensure you choose the correct route for you.

What does Level 3 mean?

Within the qualifications framework of the UK and Europe certain standards are required to meet certain levels. Within the active leisure industry the framework ranges from level 1 to 4. Level 1 would allow you to work with people within your career as long as you are supervised. Level 3 allows you to train to a level where you have proven knowledge (through various methods) that you are 'fit for purpose' to teach to a group of adults unsupervised (hence you can teach yoga classes).

Is there much paperwork involved?

The simple answer is yes. You will be required to prove your knowledge of yoga through a series of worksheets based around unit 6 of the award (internally assessed), as well as completing a theory paper of Anatomy and Physiology L3 (externally assessed) along with worksheets on units 1, 2, and 5 and a theory paper on unit 3. You will also need to write a 60 hour yoga practice journal to map your personal development. During your practical training you will learn how to build a portfolio of evidence that proves you have planned a 10 week programme of yoga for a mixed ability group of people and include detailed session plans for weeks 1/5/10 with your practical assessment based on your week 5 planned session. The class will be comprised of relaxation/warm up, sun salutes and 7 main phase postures (to teach a balanced sequence) along with an ending/closing and pranayama/meditation practice.

What part of the course do most students struggle with?

Anatomy and Physiology at Level 3 can for some students be heavy going. Most students agree (once they pass) that it was worth the hard work as they feel very prepared to teach. This unit of the award is aligned with personal trainers, Pilates instructors and advanced group exercise teachers. Having said that, we do have 100% pass rate. Certain clubs will insist on the Level 3 Anatomy and Physiology certificate to our standard.

Frequently Asked Questions

Will I be assessed on my yoga teaching of a yoga class?

You will attend a practical assessment day. If possible, you will need to bring 2 friends to be participants in your and your fellow students' yoga classes. You will teach to a group of people your planned week 5 class session taken from your progressive 10 week plan. This assessment will be carried out by a suitably trained, experienced and qualified assessor of yoga. You will be given guidance throughout your practical training to meet set criteria such as valid teaching points, good yoga practice, modifications and alternatives offered, inclusive teaching and observation of group whilst teaching.

Is yoga a religion?

Yoga is one of the six philosophical systems of India. No one can deny its link to Hinduism. However, it is considered in its original form that yoga predates all religions and is a science. Yoga and Pilates Academy courses teach a history of yoga that is unbiased in any way. Our teachings come from ancient roots and with a modern understanding. Teachings ranging from lineages of Swamis to modern era yogis are integrated within the course so you leave with a broad and open view of yoga past and present. We do not aim to train you to be teachers within the studio of anything other than asana, pranayama, mudra and bandha. You will have suitable knowledge to guide an inquisitive participant in the direction of a guru or swami and will understand your responsibilities as a teacher of yoga classes.

What type of yoga will I be qualified to teach?

All forms of physical practice are translated from the Sanskrit word Hatha to mean 'with force' therefore all physical practices are Hatha. You will be able to teach from gentle restorative classes to a more dynamic style with the grounding of a more classic session which you will plan to teach for your assessment.

Do I need insurance once I'm qualified?

All Yoga teachers should have insurance and the YMCA Awards Level 3 Diploma in Teaching Yoga will grant you options as to where you buy yours. As a recognised industry award you are entitled (if you wish) to join the Register of Exercise Professionals, often needed if you plan to teach in health clubs, who offer insurance as an additional option to membership. Other options of where to buy insurance are also available and will be given during your practical workshops.

Frequently Asked Questions

Why should I choose Yoga and Pilates Academy over another Yoga training school?

After years of experience of training we noticed students were struggling with time to attend our weekend sessions, therefore changing to an online theory based course and attending just 2 weekends for the practical allows our students to study in the comfort of their own home and keeps travelling costs low too. We are very proud to deliver an accredited course opening lots of doors to the learner once they have passed and all our tutors have over 25 years of teaching experience. We have a fantastic pass rate and reputation, along with a very reasonable price. Our advice is to look around and check us out against the others teaching schools and ensure the training fits around you and your life as well as meeting your requirements for your teaching ambitions.

Is the award recognised anywhere outside the UK?

Yes if you choose to join REPs you will automatically be eligible to register for EREPs (the European register) and beyond. Please go to www.theexerciseregister.org for further information.

Should Yoga be classed as a profession?

For many people yoga is a saving grace in a world of 24/7 distractions. Our natural cycles are disturbed by external influences from every direction and yoga is one of the few ways people find a moment of peace for themselves. Whilst many believe yoga should be free to all, it is sadly not always the reality. If one does not need to be paid to teach Yoga then this is definitely a gift to be placed in such a privileged position in life. Karma yoga is the practice of service and throughout your training you will be advised on options of a more yogic lifestyle and one aspect of this is charity. Teaching as a profession means knowing what is right and wrong to teach in the classroom environment and to know that when someone claims to be suitably fit to teach they are. Yoga can only suffer from teachers who have no formal training and do not understand how to act in a professional manner respecting the 8 limbs. Ensuring participants safety and the integrity of yoga is paramount for Yoga and Pilates Academy and its successful graduates. Class retention, professionalism within the workplace along with health and safety at work are important aspects of 21st century teaching.

Change your life and the lives of others. Make this the year you take action, follow your dreams and inner calling and become a yoga teacher

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