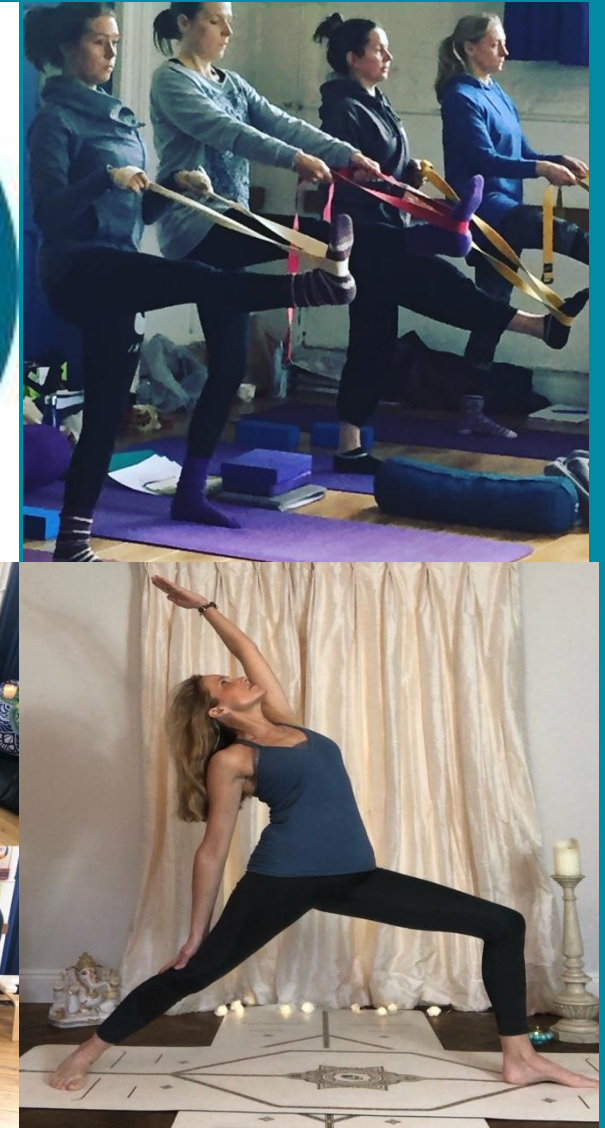


British Wheel of Yoga
Qualifications Level 4 (RQF)
Advanced
Integration/Progression
Course
Leading to the BWY
500 hour level 4 Diploma In
Teaching Yoga.
2026
Online From The Comfort of Your Own
Home.



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.
- Advanced Integration students will have 125 Live online course contact hours over 13 months
- Students who have already completed the BWY L4 Certificate in Teaching Yoga will have 95 Live online course contact hours over 10 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 1st year of a degree).

For more information, please go to :- www.bwyq.org.uk



Advanced Integration Course Student Requirements

- Hold a minimum of a 200-hour recognised teaching certificate. Some of which must have been in person.
- Be teaching one class a week. (Please contact the tutor to discuss if this is not the case)
- Have been a qualified for a minimum of one year.
- Complete the recommended Anatomy and Physiology online course
- 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. These will be emailed to you.
- Provide a reference from your current yoga teacher



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
- Unit A3 – Preparing for *Āsana*
- Unit B – Approaching *Āsana*, Basic Breath Control and Relaxation
- Unit C – Effective Planning, Teaching, Assessment and Evaluation
- 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



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.

Advanced integration course. £1700 for 13 months of tuition

£500 deposit on acceptance of a place on the course + £100 per month for 12 months

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.



AIC students Additional Costs

- **Registration** with **BWY £150** and Registration with **OFQUAL £150**
- **A+ P module** (Andrea Newman) additional £125 (accessed via BWY code) NB if you have done a recent level 3 A+P course this might be considered as recognised prior learning.
- **First aid course** **Varies**
- **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 £100 online or £150 in person.** (There is a final teaching practice at the end of the course). Please note the tutor will travel a maximum of 25 miles for an in person Final Teaching practice, otherwise the practice must be live online.
- **BWY Student Membership**



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** **Varies. 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 £100 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 25 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)

- **Advanced Integration Course. 125 Contact hours**

- Saturday May 23rd 2.30pm-5.30pm Sunday May 24th 9.00am-4.00pm
- Saturday June 20th 2.30pm-5.30pm Sunday June 21st 9.00am-4.00pm
- Saturday August 1st 2.30pm-5.30pm Sunday August 2nd 9.00am-4.00pm

- **BWY Progression/ Advanced Integration Course 95 contact hours**

- Saturday Sept 5th 2.30pm -5.30pm Sunday Sept 6th 8.30am-4.30pm
- Saturday Oct 3rd 2.30pm- 5.30pm Sunday Oct 4th 8.30am- 4.30pm
- Sunday Nov 1st 8.30am-4.30pm
- Sunday Dec 13th 8.30am-4.30pm
- Saturday Jan 16th 2.30pm-5.30pm Sunday Jan 17th 8.30pm-4.30pm
- Saturday Feb 20th 2.30pm-5.30pm Sunday Feb 21st 8.30am-4.30pm
- Saturday March 13th 2.30pm-5.30pm Sunday March 14th 8.30am-4.30pm
- Sunday April 18th 8.30am -4.30pm
- Sunday May 23rd 8.30am-4.30pm
- Sunday June 13th 8.30am-4.30pm



Please contact Clare at Clare.Harmonyyoga@gmail.com for an application form.

Interviews will be held over Zoom.

Advanced integration students will be sent the application assignment after the initial interview.

“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





HarmonyYoga

BREATHE, RELAX, BE.

www.harmonyyoga.co.uk



CLARE GIBSON MA, PGCHE BWY DCT.

The British Wheel of Yoga Limited is a charity registered in England and Wales (No. 1136674)

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