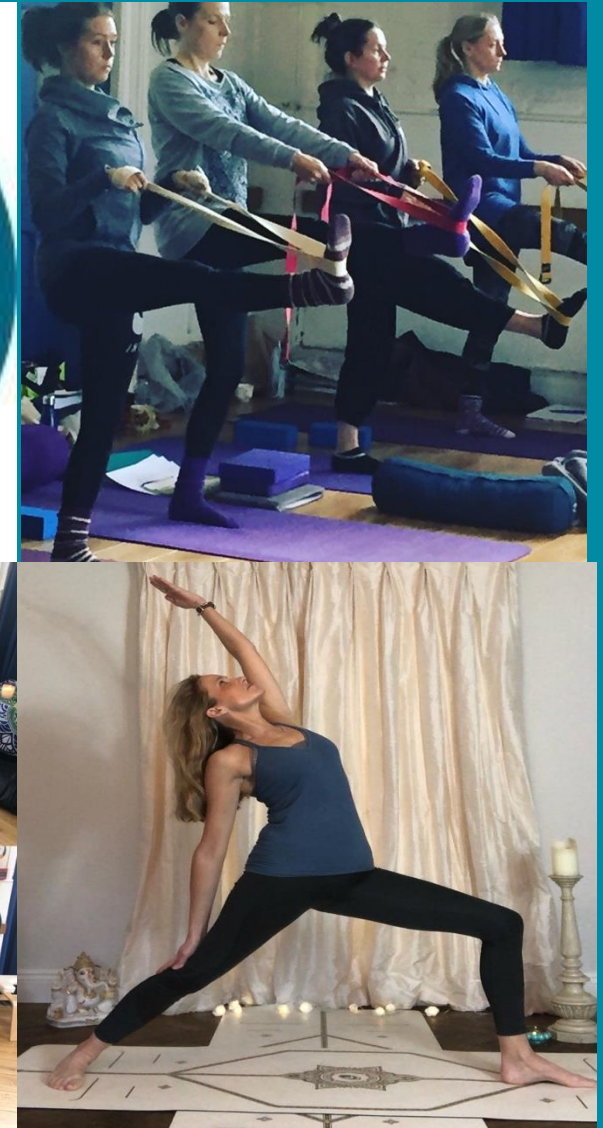


British Wheel of Yoga
Qualifications Level 4 (RQF)
300 hour
Certificate in Teaching Yoga.
With optional upgrade to
500 hour Diploma level.

September
2026

Esher, Surrey.
Introduction day
19.07.26.



You will Receive

- A world-respected Yoga Teaching Certificate covering all aspects required to teach yoga from āsana to effective class planning over 3 units.
- 17 in Person Course Days and 5 sessions via zoom. (In person course days, Sundays)
- 300 hours of tuition & home study with a minimum of 165 tutor contact hours.
- Guidance and support from the Course Tutor and visiting guest tutors.
- Comprehensive course material and hand-outs via our course website.
- Insurance as a BWYQ Student Teacher.

On completion:

- Certificate 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.

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



Student Requirements

- Have a minimum of two years' yoga practice.
- Attend the introduction and induction days.
- 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 the recommended Dr Yogi Anatomy and Physiology online course.
- 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.



Certificate Qualification –QAN 501/0828/1 160 GLH

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

Units D and E are part of the progression in yoga 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



Course Costs

Total cost of course to include all in person and zoom training days, all tutoring from course and guest tutors. Course materials including all handouts and access to our password protected course website.

= **£3525**

- Of which;
- £1000 1st deposit required by 31st July 2026.
- £1025 2nd deposit required by 1st September 2026.
- A further **15** instalments of **£100 to be paid into course account on 1st of month from October 1st 2026.**
- 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 1 and 2 are non-refundable
- **Additional Costs Below**
- To be paid direct to BWY
- Course Registration with **BWY £100** and Course Registration with **OFQUAL £100**
- BWY student membership (includes your insurance). **£103 (If you already have membership, it will be an additional £46.**



Additional Costs continued

- **A+ P module** (Andrea Newman) This course is mandatory. **However, the cost is included within your course payment.** That said you might want to purchase additional anatomy books to support your learning. Your tutor will advise on books you might find useful.
- **First Aid** You will need to take a first aid course. The cost of this varies. (if all participants require first aid training the tutor can organise an in-house first aid day)
- **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.
- **External Teaching practice-** The cost of this is included in your course costs, unless you will be teaching more than a 20-mile distance away from the course venue. If that is the case, then tutor travel expenses will be incurred.



Optional progression to 500 hr Diploma

- On successful completion of the BWY 300hr certificate in teaching yoga you will have the option to upgrade your qualification to the 500hr Diploma in teaching yoga. (**A minimum number of participants will be required**)
- The BWY progression to Diploma delves more deeply into philosophy, meditation and prāṇāyāma. You will have both formative and summative assignments on the course.
- You will study two units
 - Unit D – The Classical Foundations of Modern Yoga.
 - Unit E – Incorporating Philosophy, *Prāṇāyāma*, Meditation and Advanced *Āsana*.
 - This course will take 12 months, a percentage will be on zoom
 - The cost of the progression course TBC
 - Registration to Diploma fees will apply
- **External Teaching practice** (there is 1 external teaching practice at the end of the progression course)



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



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

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