

BWY FOUNDATION MODULAR COURSE (50 hrs) in YOGA THERAPY Level One

Led by
Nikki Jackson and Yoga Focus Therapy Team

with option of leading to

THE FULLY ACCREDITED YOGA THERAPY COURSE Stage Two

Introduction

Thank you for your interest in this BWY Yoga Therapy Modular Foundation course. We are looking forward to running this course and our aim is to help you build confidence in delivering a variety of safe, thoughtful and creative Yoga Therapy (YT) practises for a variety of chronic physical and mental health conditions. Emphasis will be placed on *being* with the practise and less on *doing* the practise, which is essential for effective results of YT practises in the long time.

This course will predominantly be an experiential course, with plenty of opportunities to explore and discuss both beneficial and detrimental practises for particular health conditions. We will be exploring a variety of assessments to suit each individual and discouraging a 'one fits all' approach. There will be an emphasis on the healing power of Nature and the venue reflects this with opportunities to walk in beautiful scenery. Practises, where appropriate will be linked to Nature in the original yogic way and you will be encouraged to return 'back to your roots' and rekindle your natural inner healing resources. There will be opportunities to practise creating Yoga Therapy programmes through case studies with plenty of feedback discussions to aid further learning. There will be plenty of opportunities to personally explore the effects of practises, a time to 'tune in' and become more aware of your own tensions in the mind, body and breath that tend to make you susceptible to ill health. This enables you to teach from the heart, the felt experience and not just from the head, the theoretical perspective. Home practise will be provided to increase felt experience of Yoga Therapy practises and course participants will be encouraged to keep reflective diaries to note the effects.

Please note that this is a foundation course introducing you to the vast subject of Yoga Therapy. Whilst it provides you with a wide range of practises to use therapeutically in classes and one to one sessions, it does not enable you to practise as a fully qualified yoga therapist. The foundation course has been set up to provide the first level (level 3 National Qualifications Framework) of the fully accredited Yoga Therapy British Council of Yoga Therapy course curriculum (level 4). This means that after the Foundation module, if you decide to continue and complete the full accredited course, you will then, if successful, become a qualified yoga therapist.

The Teachers

Nikki Jackson (leader)

Yoga Therapy is my passion. I have personally benefited hugely from the healing, compassionate and uplifting practises but also, I have been able to help many people better manage their chronic health conditions and live a happier, healthier life.

As the founder of Yoga Focus, I set up the foundation course in Yoga Therapy with BWY in 2015 and it has been a huge pleasure, to accept the offer from BWY to build the fully accredited level 4 course also. It has been very rewarding to meet yoga teachers who are keen to help those suffering from chronic health conditions to live a more fulfilled life.

I have been teaching yoga and yoga therapy practises since 1991, both in the NHS and private sector. I have worked in NHS as an Occupational Therapist (OT) whose task is to enhance people's independence skills in both physical and mental health. My work experience includes areas such as elderly care, neurology, adult social services and particularly in mental health services where I was lead OT in the pre discharge department of a forensic psychiatric hospital. For many years I have worked with people suffering from the stress and trauma of their health conditions and as an OT, I believe that yoga therapy practises promote the concept that we have inner resources or 'tools' to rehabilitate ourselves with the help of the therapist who, with skills and knowledge, is the guide on this journey.

I am a fully accredited Mindfulness Teacher (part of the UK networks of government standard approved teachers) and run regular Mindfulness for Stress and Mindfulness for Pain and Chronic Health 8 week courses at a large GP Health Centre. The practises are particularly beneficial in helping people live with chronic illness and pain.

I have led presentations on Yoga Therapy and Mindfulness for Health which includes on behalf of The British Lifestyle Medicine Society mainly for GP's to widen their knowledge of therapeutic interventions.

I continue to teach therapeutic yoga in the community as well as yoga therapy groups at a large GP practise working with a variety of chronic health conditions, as well as running IST days and workshops on Yoga Therapy and Healing practises. I teach regular one to ones in yoga therapy and more recently am pleased to be offering Tibetan Healing Dorje yoga practises to enhance a more positive attitude towards Recovery.

Becky Bieraugel (co-facilitator)

Becky has been studying yoga for over 20 years. Part of that learning for the last 10 years has been teaching Yoga to others. Having been a nurse in the NHS for many years, she always felt as if there was something more she could offer the people she supported, this led to her pursuing her initial BWY teacher training with a view to training as a Yoga Therapist. The other huge part of studying has been through personal experience. A regular Yoga and meditation practice have supported her in dealing with health issues of Chronic Fatigue and Autoimmune disease.

Working and training with The Mindful Institute has helped to consolidate all of these learnings and Becky is dedicated to the wellbeing of the clients and students she supports and also a firm believer in the benefits of Yoga being understood and made available for everybody, not just as a treatment for many health conditions but as a route to maintaining a happy, healthy and compassionate way of life.

In addition, Becky works as a Health Researcher with The Centre for Health Services and Clinical Research at the University of Hertfordshire. Her areas of personal interest and

expertise include Chronic Fatigue/ME, Kidney Disease, the physical and mental health of older people and End of Life Care.

Entry Requirements

As the course is designed to further your teaching proficiency, you need to have completed a yoga teaching qualification either through or recognised by BWY. Please note that it is a requirement to have a current membership with BWY, you can join here www.bwy.org.uk

Please also note that applicants should be able to read and understand a good level of English as some reading and writing is required on the course.

Assessment and Evaluation

Assessment is continuous with the following evaluation methods:

- **Quiz** – each week a quiz to help you discover what you know and do not know regarding health conditions. Informal evaluation is through student observation regarding contributions towards group discussions.
- **Case studies** – as part of non-compulsory home practise, you will be given the option to choose a case study in order to design a Yoga Therapy programme to meet the needs of the individual's physical, mental, emotional, spiritual and environmental needs. You will be able to email this to me prior to the next meeting for feedback and this gives me an opportunity to see how well you are absorbing the content of the course and how best to support you further. It will also give you an opportunity to further explore ideas, which you can bring to the group the following session as part of revision
- **Individual support at the mid stage of the course** – you will have an opportunity to meet with the tutor on an individual basis to discuss your progress through the course both in terms of personal development and in your teaching delivery
- **Home practise** – You will be given a variety of Yoga Therapy practises to explore at home. You will have an opportunity to lead some of these sequences and practises (asanas, vinyasa flow sequences, pranayama, relaxations and meditations) and this will form part of the observational assessment of your understanding of how to deliver suitable practises in YT programmes
- **Reflective diaries** – You will be encouraged to keep a reflective diary of your home practise so that you can observe your responses to practises in the mind, body and breath. This will help you further identify areas that are blocking the 'felt experience' so you can begin to ease and this will become a valuable foundation in your understanding of the benefit of YT practises. Informal evaluation through student observation regarding contributions towards group discussions.

Please note that a minimum of 20 hours home study, which includes reading, practise and reflective diaries, is required for this course.

- **Formal Exams** – there are no formal exams on the foundation course, however, those wishing to be apply for the fully accredited yoga therapy course will be required, at the end of the Foundation course, to:
 - *Write an essay (2000 – 2500) on 'The value of Yoga Therapy in the context of the world today and why you would like to train to become a Yoga Therapist'*
 - *Submit a case study of their choice using the case study framework of the Yoga Focus Foundation course*

Course Evaluation

You will be encouraged to fully evaluate the course to help provide improvements for future students

Attendance

An 80% attendance rate is required for successful completion of the course. That means you are allowed to miss one of these days

Qualification

There is no formal qualification but you will receive a British Wheel of Yoga certificate for completion of the course. You will also gain CPD points.

Progression

This course serves as a foundation in developing core skills and approaches in the basic principles of Yoga Therapy. It has been set up to provide the first stage (level 3 National Qualifications Framework) of the fully accredited Yoga Therapy British Council of Yoga Therapy course curriculum (level 4). This means that after the Foundation module, if you decide to continue and complete the full accredited course, you will then, if successful, become a qualified yoga therapist.

If you decide not to continue, you will still find that this course will not only benefit you and your students but also your family and friends who will indirectly learn from your new insights and ways of managing physical and mental health conditions.

Cost

The full cost for the course is £695. A non-refundable deposit of £100 is required to confirm your place and all remaining fees must be paid no less than 4 weeks before the start of the course. Once the course has begun the fees are non refundable but any course day you miss, you can join that day on another course. You will also be sent all information, handouts for that day via email.

You are able to attend this course if you are not a BWY member by paying a 'guest membership' of £10 for the duration of the course.

Payments in full via BACs (please email Nikki@yogafocus.co.uk for details). Arrangements can be made to pay in instalments via direct debit provided the full sum has been paid prior to the commencement of the course.

There is also a BWY modular course registration fee of £60, which needs to be paid separately no later than 4 weeks prior to the commencement of the course, either via BAC or cheque. I will then register you with BWY for this modular course.

We regret that any days missed will not be refunded but students can obtain all handouts and liase with tutor via email as regards any queries relating to course content for that missed day. With prior notice, the day will be recorded so students who are not able to be present, can view teachings and practises.

Venue

*NB: THIS COURSE WILL BE ON LINE via ZOOM
if we are unable to meet in person due to the pandemic covid 19.*

Otherwise,

In recognition of the value of face to face contact learning, the course will be held in Chadlington village hall with it's beautiful far reaching scenes of the countryside from the

windows . Chadlington is a small village that has a local tea shop and a health food shop for snacks. The address is:

Chadlington Village Hall, Nr Chipping Norton , Oxfordshire, OX7 3NX

A link to the venue can be found here:

<https://www.google.co.uk/maps/place/Chadlington+Memorial+Hall/@51.8955,-1.5306027,15z/data=!4m5!3m4!1s0x4876d33d546469e7:0xb20ddc6e96896abe!8m2!3d51.8955!4d-1.521848?hl=en-GB>

Course dates and times

The course days will be held from 9.15am – 4.30pm on 6 Saturdays spread over 7 months as follows:

2021 - 13th February, 13th March, 17th April, 15th May, 12th June, 10th July

Structure of Course

The course will be spread over 6 months. Teacher trainers will deliver 50 hours of direct face to face contact which includes 80 mins of online anatomy and physiology teachings relating to the chronic health condition prior to each day's module. A quiz will be provided prior to each course day to help orientate around the particular health condition to be explored. An additional minimum of 20 hours self- study is also required during the course.

Each day will include:

- Introduction & feedback from home practise
- Tuning In – experiential practises that deepen sense of own current health and well being
- Case Studies – designing YT programme for specific health condition in small groups
- Presentation – each group presents case study and relevant practises to other groups
- Feedback and Discussions
- Lunch
- Models of Practise – exploring appropriate assessments for themed health condition for the Day, for example the Koshas.
- Professional Studies – exploring varied subjects each week for example: legal aspects of yoga therapy teaching, risk assessments, the therapeutic relationship, CPD, codes of conduct and ethical practise
- Asana and Vinyasa Flows appropriateness and contra-indications
- Breathing Practises and Pranayama – relevant to the themed health condition, contra indications and benefits of pain and stress relief but also opportunity for 'felt experience'
- Mantras and Chanting
- Mudras
- Deep Relaxations and Meditation – relevant to the themed health condition, contra indications and benefits for pain and stress relief but also opportunity for 'felt experience'

Depending on availability, it is hoped that at least one guest speaker will speak to the group as regards their felt experience of the benefits of Yoga Therapy in relation to the chronic health condition they suffer from. This is yet to be confirmed.

Course Aims and Learning Outcomes

For each student to learn how to use a variety of safe and effective YT practices for specific chronic health conditions

- For each student to learn to use safe and effective YT practices for specific health conditions
- For each student to enhance their existing teaching skills by deepening their ability to assess, implement and continuously re-evaluate therapeutic yoga practices for specific needs.
- For each student to become more adept and creative in choosing different models of practice that are more suitable for the needs of their clients and their health condition
- For each student to become more 'tuned in' to their own health, so as to be able to teach from the heart, a felt experience as opposed from only a theoretical basis.
- For each student to develop supportive, compassionate communication skills related to their client's needs whilst maintaining professional boundaries
- For each student to develop a higher standard of professionalism regarding their administrative processes, legal requirements, health and safety and CPD choices related to Yoga Therapy

The modular course relates to the guidelines of The British Council for Yoga Therapy who state that their aims are to *"view the person as a whole: an integrated system of mind, body and emotions. Yoga Therapy can address these different aspects as appropriate, to promote healing and improve health"*.

Certification

A BWY certificate of completion of the Yoga Therapy Modular Course will be given at the end of the course

Student Input

- Students will be expected to collaboratively explore and discuss Yoga Therapy programmes for variety of case studies in small groups and be able to feedback to larger group
- Students are required to do home practise, study through suggested reading and keep a reflective diary to review their experience

Complaints Procedure

- In the event of a complaint being raised about the content or a tutor on a BWY Modular course, in the first instance, it is desirable that the complainant should raise the matter with the tutor running the course and the matter be resolved at this level
- If this is not possible, or this has been tried to no avail, the matter should be brought to the attention of the Modules' officer, in writing. This Module's officer will mediate in consultation with the Education Committee Chair. The complainant will be informed of the decision taken and any measures decided upon as soon as possible
- Written records of all data and correspondence involved in the complaint to be retained by the Modules' Officer

Suggested Books

There are no actual set books for this course as it is a huge subject and no specific books can cover everything. However, the following list of books are suggested to help orientate you around the subject:

General:

- "Yoga Therapy and Integrative Medicine", Larry Payne, Terra Gold and Eden Goldman (2015), Basic Health Publications
- "Asana Pranayama Mudra Bandha" – Swami Satyananda Saraswati (2008) Yoga Publications Trust

- “The Yoga Sutras of Patanjali” – Sri Swami Satchidananda (1990), Integral Yoga Publications
- “Hatha Yoga Book 7” – Sri Swami Sivananda Saraswati (2013) Yoga Publications Trust
- “Ayurvedic Yoga Therapy” – Mukunda Stiles (2016) Lotus Press
- “Mindfulness for Health” - Vidyamala Burch and Danny Penman (2014) Clays Ltd Publishers

For Specific Conditions:

- “Yoga and Cardiovascular Management” -Swami Satyananda Saraswati, Yoga Publications Trust (2005)
- “Yoga Management of Cancer” -, Dr Swami Nirmalananda (2009), Yoga Publications Trust
- “Yoga Nidra” – Swami Satyananda Saraswati (2015) Yoga Publications Trust
- “Yoga Therapy, For Parkinson’s Disease and Multiple Sclerosis” – Jean Danford (2016) Singing Dragon publishers
- “Yoga Anatomy” – Leslie Kaminoff(2007) The Breathe Trust
- “Anatomy of Yoga” – Dr Abby Ellsworth (2010), Hinkler Books Ltd
- “Living Well with Pain and Illness” Vidyamala Burch (2011) Piaktus Publications
- ‘The Mindful path to self-compassion’ – Christopher Germer (2009), Guildford Press
- “Key Concepts in Mental Health” – David Pilgrim (2012), Sage Publications
- “The Mindful Way through Depression” – Mark Williams, John Teasdale, Sindel Segal and Jon Kabat-Zinn (2007) Guildford Press
- “The Breathing Book” – Donna Farhi, (1996) Henry Holt and Company
- “Yoga of the Subtle Body” - Tias Little (2016) Shambala

Summary

I hope the above course content is of interest to you and that you feel you would like to join. As Yoga Teachers I feel we have the skill set to help so many people suffering with chronic health conditions and the physical and emotional trauma associated with them, to live easier day-to-day lifestyles. Learning to listen, observe and continually adapt practises to ease and gently soothe the pain and stress that people will most likely be suffering from, will help us to create the foundations of becoming much sort after, professional yoga therapists in the future.

If you are now clear that you would like to book onto this course, please fill in the application form below. If you have any further queries please email me.

*Look forward to hearing from you,
Namaste,
Nikki*

www.yogafocus.co.uk
Email: Nikki@yogafocus.co.uk



**British Wheel of Yoga
Yoga Therapy Module**

Application Form

Name:	BWY Membership No:
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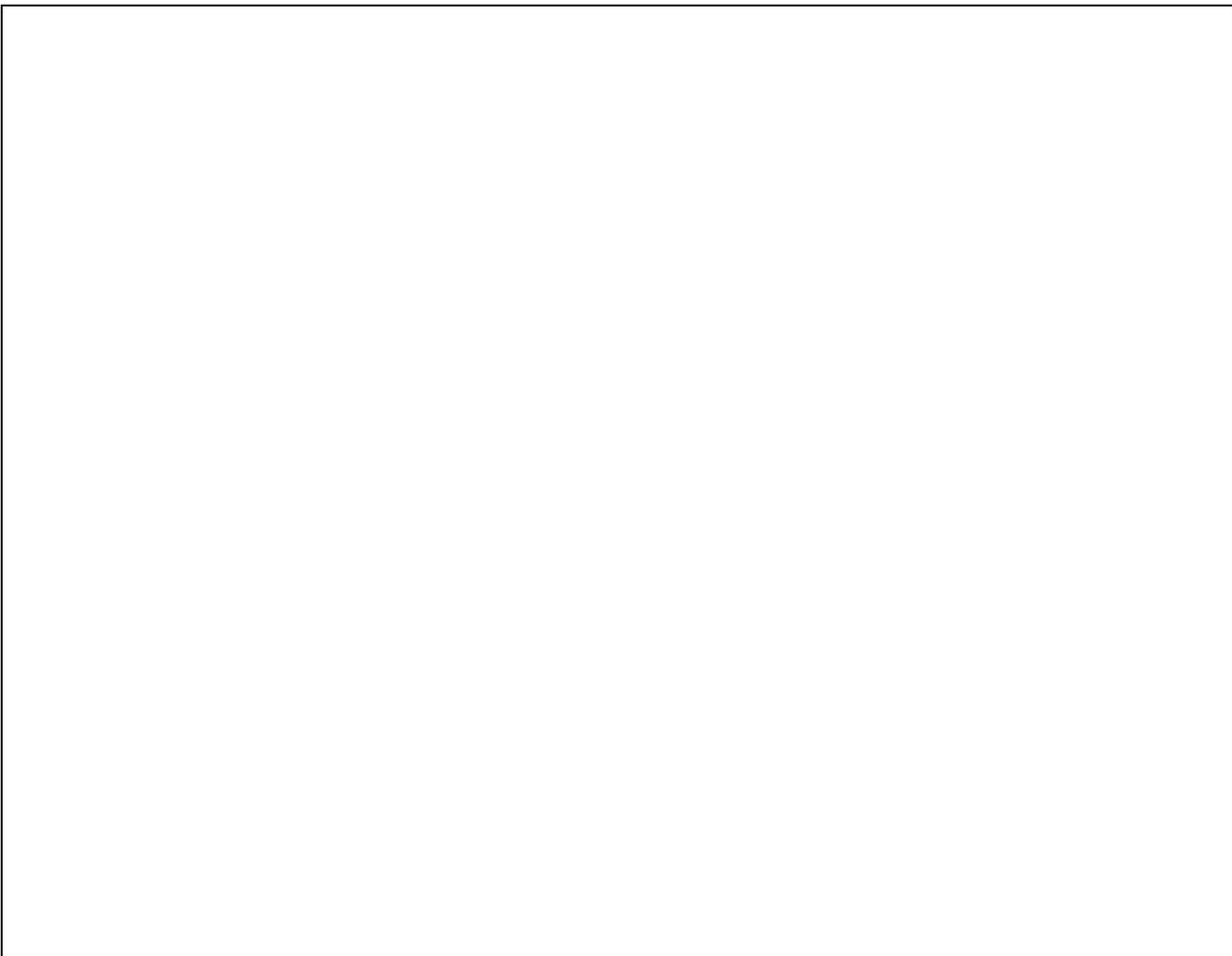
Date of Birth:	Nationality:
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Address:
Tel:
Email address:

Do you have any pre-existing medical conditions? Please state below.
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How much Yoga have you done and in what styles?

Why would you like to learn about Yoga Therapy? Tell us about yourself. (150 words)



I hereby confirm that I have read and understood the all the information provided on the Yoga Therapy Module and understand that Certification is dependent on successful completion of the course. I confirm payment of the deposit of £100 to book a place. I agree to pay the remaining fee (£595) at least one month prior to the start of the course and will pay the additional registration fee of £60.

SignedDate.....

Please send your completed application electronically to Nikki@yogafocus.co.uk

Many thanks and Namaste,
Nikki