

BWYQ Level 4 300hr Certificate in Teaching Yoga

with Hana Saotome 2025



INFORMATION PACK

VALIDATED AND QUALITY ASSURED BY
BRITISH WHEEL OF YOGA



QUALITY ASSURED AND
REGULATED BY OFQUAL



LEVEL 4 300HR CERTIFICATION
IN TEACHING YOGA





What is the Purpose of this course?

The purpose of the BWY Certificate in teaching Yoga is to offer you the support, guidance and opportunity to become the best possible teacher of Yoga.

The content and structure of this course will give you the knowledge and understanding of Yoga principles and philosophy, alongside the experience, guidance and support to share this with others, so that you are in a position to teach Yoga safely, effectively and beautifully.

Throughout this course you will not only build upon your understanding of what *your* Yoga is, but will receive support in nurturing your own style in how you are going to share this. The delivery will be focused upon creating the perfect opportunity for you to find, develop and enhance your teacher within. This course will not only prepare you to begin teaching but will also then support you closely through the early stages of your teaching career. The BWY will continue to support you through every step of your Yoga career.

You will receive:

- A world-respected Yoga Teaching Certificate covering all aspects of Yoga from āsana to philosophy.
- 300 hours of tuition & home study with a minimum of 165 plus tutor contact hours.
- Guidance and support from the Course Tutor and visiting guest tutors.
- Comprehensive course material and hand-outs via our course website.
- Lifetime access to online content
- 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 BWYQ 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 positive feedback from peers.
- Teach! Initially, small practices moving up to observed teaching practices.
- Have a great life affirming time.



What is the British Wheel of Yoga (BWY) and BWYQ?

The BWY is a registered charity and a non-profit organisation that was founded in 1965. Today, the BWY is the largest Yoga membership organisation in the UK. In 1995 The British Wheel of Yoga was awarded National Governing Body for Yoga status by Sports England.

The BWY is the only organisation to offer a Level 4 Yoga Teacher Training qualification that is registered on the Regulated Qualifications Framework (RQF). This means that this course is benchmarked to national educational standards. The BWY Teaching Diploma is equivalent to the first year of a degree course. This is the highest level of Yoga teacher training currently available in the UK, and is recognised throughout the UK education system, by schools, colleges, universities and employers.

The awarding body of the BWY is the British Wheel of Yoga Qualifications (BWYQ). This is the limb of the BWY that allows registration with the Regulated Qualifications Framework and ensures that the Teaching Diploma is delivered in accordance with the qualification specification, in line with Ofqual regulatory requirements.

Key Point: This is the highest level of yoga teacher training available at 300hrs in the UK and the qualification is recognised by the UK educational system Ofqual at Level 4 (equivalent to the 1st year of a degree).

BWYQ Policies

In order to meet the requirements of Ofqual, BWYQ have set out a number of policies for the protection and welfare of all students. Please be aware of the following and raise any queries with the Course Tutor. All info can be found on the BWY and BWYQ website.

- Centre and BWYQ Complaints and Appeals Policy.
- Centre and BWYQ Equalities Policy (BWYQ 008 and 009).
- Centre and BWYQ Safeguarding Policy (BWYQ 010).
- Centre and BWYQ Malpractice and Maladministration Policy (BWYQ 017).
- Plagiarism policies and guidance.
- Centre and BWYQ Recognition of Prior learning Policy.
- BWYQ and centre Reasonable Adjustment Policy and special consideration policy.

About the Tutor

Hana first came across Yoga during her dance training. Throughout her professional career in dance, her practice of Yoga supported her and kept her sane and balanced during challenging times. Yoga eventually became a passion and her knowledge and experience of the physical and emotional body through dance eventually became intertwined with her practice and teaching of Yoga. She continued to take several teacher trainings diplomas in India and UK including Sivananda, BWY, Satyananda (Yoga Nidra) and Pregnancy, Postnatal Yoga, Well Woman Yoga Therapy with Birthlight and Uma Dinsmore Tuli and Leading Kirtan (Chanting) with Nikki Slade.

Hana has 18 years' experience of teaching Yoga and dance as her full-time occupation. She is BWY Foundation Course 1 and 2 Tutor, BWY Diploma Course Tutor and a Senior Yoga teacher with Yoga Alliance. Many of her students have continued on to becoming successful Yoga instructors and dance students moving on to a profession in dance. Watching her students and clients grow and enjoy their practice is an absolute honour. She is eternally grateful to all her teachers and students, past and present that have taught her so much. She is very excited to welcome you onto this course and support you through your journey to becoming the Yoga teacher you wish to be.



Student Requirements

To join the course, we ask for the following requirements:

- 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 please do not convert files with the MAC convertor
- Possess satisfactory English literacy skills.
- Complete the BWY Anatomy and Physiology online course within the first 2-3 months of the course commencing.
- Complete a first aid course.
- Complete application, medical, financial and learner agreement forms.
- Provide a reference.
- Continue to practice regularly throughout the course.
- Complete assignments by the given deadlines.
- Student Membership of the BWY.
- Buy the recommended course books.
- Co-operate with others in the spirit of yoga.

Course Content

Throughout the course we will delve deeply into the practices, roots, philosophy and the reasons why Yoga has survived for thousands of years. We will look at the Anatomy of Yoga Asana and how to confidently and safely teach, modify and deliver Yoga classes that are accessible to all.

Finally, we will look to ways in which we can interweave our anatomical knowledge of asana, pranayama and relaxation together with yoga philosophy and tradition using a voice that is authentic to you.

The content of the course will be explored in variety of ways to ensure that all learning styles are catered for.

Opportunity is made available for topics to not just be covered, but questioned, discussed, understood and applied. This is a non-dogmatic approach and you are fully encouraged to find your own style as a teacher. This is a practical course and involves lots of teaching along the way so by the time you leave the course you will most likely be confidently teaching in your community!

Here is an overview of the topics covered throughout the 300hrs of the course:

Yoga Anatomy and Asana

Applied Anatomy and Physiology and the teaching of Asana

- The principles and practice of teaching Asana
- De-construction and analysis of key poses, their core alignment points and how to teach them
- Practical anatomy & physiology, including conditions you may encounter when you teach
- Vulnerable areas of the body and preventing injury
- Props and modifications to ensure an inclusive approach
- Safe and effective sequencing, including the staged approach and counter pose
- How to make sensitive adjustments

Teach Basic Breathing and Relaxation

Yoga breathing practices and relaxation

- The principles and practice of teaching Yoga Breathing and Relaxation techniques.
- Learning to teach a range of guided breathing and relaxation techniques.
- Areas of caution and safe practice
- Progressive development of the practice
- Understanding and communicating the benefits of breathing and relaxation techniques in your teaching

Planning and Delivering Yoga Classes

Planning and Delivering Yoga Classes in real life!

- How to set up a Yoga class
- Essentials of setting up your own yoga business, self employment and marketing
- Creating a lesson plan that is suitable for all
- Delivering the lesson plan (teaching the class)
- Creating a course plan that includes Asana, basic breathing practices and relaxation.
- Evaluating and building from your experience and feedback

Responsibilities of a Yoga teacher

Planning for teaching and the roles and responsibilities of a Yoga teacher

- Common issues arising out of a teaching practice such as covering classes, teaching one to one and groups
- Legal responsibilities
- Risk assessment
- Essential record keeping
- Apply the BWY Safeguarding of children and vulnerable people policy to Yoga classes
- First aid training (external) Ethical practice

Yoga Philosophy

Learning and integrating the philosophy of Yoga on and off the mat

- The History of Yoga
- Hatha Yoga Pradipika
- Yoga Sutras of Patanjali
- The Pranic Systems
- Pranayama, Mudra, Bandha and Kriya
- Mantra and chanting
- Integrating these concepts and philosophy safely and appropriately into a Yoga class

Women's Health and Yoga

Making Yoga accessible to all women through all stages of life

- The female pelvis and pelvic floor
- Integrating Pre and Postnatal women into classes
- Yoga to honour menstrual cycle or stages of the moon
- Yoga for menopause
- Goddesses from the Yogic tradition
- Mantra

Business of Yoga

Setting you up to be a thriving Yoga teacher!

- How to set up a Yoga class
- Essentials of setting up your own yoga business
- Self-employment and basic taxes
- Marketing
- Ways to earn income as a teacher
- Money mindset for Yoga teachers. Boundaries, terms and conditions.

Assessments throughout the Course

Informal

These are assignments set by the tutor to consolidate learning from the course day. There will be informal assignments to complete in preparation for each course date and recap topics from each course date. Although these will not be submitted and marked, there will (where appropriate) be time created on the course to discuss these informal assignments as a group.

Formative

Formative assignments are devised by the tutor and are not part of the BWYQ assessment requirements. These assignments are for encouragement, guidance and development of skills and knowledge throughout the course. These assignments will be submitted to the tutor and although they are not formally assessed (and not submitted to the BWYQ), tutors may ask for additional work or repeats of practical teaching to ensure progression. Below are the Formative assignments.

Number	Title of Assignment
Formative 1	Plan for and Teach a 30-minute Micro Teaching of Asana
Formative 2	Plan for and Teach a 10-minute Basic Breathing or Breath Awareness Technique
Formative 3	Plan for and Teach a 15-minute Guided Relaxation

Summative

Summative assignments are formally assessed against the BWYQ qualification assessment criteria and are submitted to the awarding organisation BWYQ. This is an official aspect of the course to evidence attainment in relation to the assessment criteria (benchmark standards) to assess the end product of the learning. The summative assignments will take place after formative assignments are completed. Rest assured all the underpinning knowledge and suitable preparation will take place during the sessions before the assignments are set.

Number	Title of Assignment
Summative 1	Roles and Responsibilities of a Yoga Teacher (K)
Summative 2	Stress, Breath and Relaxation (K)
Summative 3	Asana (K) – Posture profile
Summative 4	Scheme of Work and Assessed Class Teaching 1 (S) <ul style="list-style-type: none"> - Examination of Scheme of Work and Course Plan - Examination of Detailed Lesson Plan - Observation of Assessed Class Teaching

Pass/ Refer

BWYQ qualifications are not graded. The tutor-assessor makes a judgement of ‘pass’ or ‘refer’. Your tutor-assessor will give you constructive feedback and agree any further action that may be necessary. If an assessment is ‘referred’ you can then re-submit for re-assessment when the necessary amendments have been made, subject to the rules for referral.

Learning Styles/Special Circumstances

Assignments throughout the course will vary from practical assignments (a teaching practice or presentation) to writing an essay, completing a worksheet, preparing a mini project, or producing a

video or audio file, academic poster or infographic. This course aims to offer a choice to students in how they might wish to present their assignments.

Time commitment and deadlines

There will be work for you to complete between each of the course dates throughout the course. You can expect to have to spend about 4 hours a week completing work for this course. **80% of the course must be attended to receive your certificate.**

Teaching your own class throughout the course

You will be encouraged to start teaching as soon the relevant modules have been covered for you to do so safely. Please be reassured that in preparation for this you will be given extensive guidance and support and there will be a gradual build up to this assignment. But this does emphasise that this is a course to guide towards a position of teaching not just personal practice.



Reading List and Course Books

Please see below the set books and additional optional reading for the course. Please note it is compulsory to have the first books mentioned in bold on the lists below. Everything else is optional, so no need to purchase right away.

The Yoga Sutras of Patanjali

- **The Secret Power of Yoga- Nischala Joy Devi (an alternative and feminine perspective)**
- **The Heart of Yoga – TKV Desikachar**
- Optional - Translation by Alistair Shearer (very clear, no nonsense)
- Optional - Translation and commentary by Swami Satchidananda

Hatha Yoga Pradipika

- **Translation and commentary by Muktibodhananda**
- Optional - Brian Dana Akers (simple with no commentary)

Anatomy

- **The Concise Human Body Book (BWY A&P online module) - Dorling Kindersley**
- **The Muscle Book - Paul Blakely**
- Yoga Body – Judith Lasater
- Optional -Yoga Anatomy - Lesley Kaminoff (anatomy in relation to Yoga Postures)
- Optional- Key Muscles of Hatha Yoga - Ray Long (great illustrations)
- Optional - Anatomy of Movement - Blandine Calais Germain (indepth with good illustrations of the body and it's movements)

General Optional Books for further reading

- Prana and Pranayama – Swami Niranjananda Saraswati
- Asana, Pranayama, Mudra and Bandha– Swami Satyananda Saraswati (general yoga)
- Kundalini Tantra – Swami Satyananda Saraswati (info on Chakras and the pranic systems)
- Yoga Nidra – Swami Satyananda Saraswati (the traditional practice of Yoga Nidra)
- The Breathing Book – Donna Farhi (great illustrations and practices)
- Yoga, Mind Body and Spirit by Donna Farhi (very usable practices, advice and info)
- Teaching Yoga – Donna Farhi (Insight into Yoga teaching)
- Bringing Yoga to Life – Donna Farhi (Auto biography style book)
- Yoni Shakti – Uma Dinsmore Tuli (Topics on women's yoga)

Course fee breakdown

Course fee breakdown Tuition Fees: Book before 3rd May and receive 10% discount

Full payment in advance: ~~£3998~~ £3598 (saving £400 if booked before 3rd May 2025)

Instalments: £850 deposit (upon confirming your place on the course)

then 12 instalments of ~~£271~~ £237 (saving £300 if booked before 3rd May 2025) *to be paid by standing order starting from 17th May 2025. Tuition fees are paid directly to the tutor.*

Other expected costs:

- £150 BWY registration fee payable online during the registration process
- £150 BWYQ registration fee payable online during the registration process
- £95 BWY annual student teacher membership which includes insurance (this allows you to teach during the course)
- £64 Online anatomy course to be completed before or in the first part of the course. (Please note that anatomy in relation to teaching Yoga will be covered in depth during the in-person sessions. The online course is just a starting point)
- First Aid training – Between £65-£130 Books and equipment

These fees are to be paid directly to BWY and cover administration, registration, quality assurance and insurance.

Equipment:

Approx. £40 costs for books and stationery you may need throughout the course. Brought second hand on Amazon this will be much cheaper.

You will need the following Yoga equipment for home practice:

- Yoga mat
- 2 Blocks
- 2 Bricks (cork is preferred)
- Yoga belt
- Bolster

Refund/Cancellation Policy: All course fees are non-refundable and non-transferable.

Should you leave the course before the end the standing order should be cancelled to immediate effect. All fees that have been paid till that day are non-refundable.

Attendance: 80% attendance is required to receive the BWYQ level 4 Certificate.

Course Dates and Venue

There are 31 sessions in total

In person sessions

We will meet in person once a month at: **Samya Studios, 19A Cobble Ln, London N1 1SF**

Just a short walk away from Highbury and Islington underground station on the Victoria Line and is very easily accessible by public transport. If travelling from out of London is just 2 stops from Kings Cross and Euston. It is a fully equipped Yoga studio/converted warehouse with high ceilings, wooden floors and skylights. There are toilets, showers and a seating area where we will share our tea, coffee and snacks in breaktimes.



Online sessions

In between the in-person sessions there will be online sessions via zoom.

The day is broken up with a variety of topics, discussions and group work with plenty of breaks. The recordings of these sessions will be available to you in case you miss it or would like to repeat.

All sessions are on Saturdays from 1.45-7.45pm on the following dates:

In person	Online
<ul style="list-style-type: none"> • 31st May 2025 • 14th June 2025 • 5th July 2025 • 9th August 2025 • 6th September 2025 • 20th September 2025 • 1st November 2025 • 15th November 2025 • 13th December 2025 • 10th January 2026 • 7th February 2026 • 7th March 2026 • 18th April 2026 • 9th May 2026 • 6th June 2026 • 4th July 2026 <p>(Graduation)</p>	<ul style="list-style-type: none"> • 17th May 2025 • 28th June 2025 • 19th July 2025 • 23rd August 2025 • 13th September 2025 • 4th October 2025 • 18th October 2025 • 29th November 2025 • 20th December 2025 • 24th January 2026 • 21st February 2026 • 21st March 2026 • 11th April 2026 • 25th April 2026 • 30th May 2026

You will need 80% attendance to gain the certificate course, giving you 6 sessions you could potentially be absent from if you need.

Testimonials



Lana Kaziro

‘ This course changed my life and allowed me to grow. It allowed me to challenge myself and I felt heard and supported along the way. It has been one of the best things I have done in a very long time’

Lana is a single parent and worked full-time throughout the course. She now teaches 3 classes a week alongside her part time job in a hospital. She gained the confidence to go for her dreams and now has created a local community of yoga students.



Caron Gosling

‘At the start I just couldn't see myself as a yoga teacher. I couldn't really understand how I would have the confidence to do that.

But the amazing thing about yoga Hana's course is that it gives you that confidence. We started teaching very early on. And yes, it was daunting, but Hana is so encouraging and patient and works really hard to inspire confidence. It's been illuminating for me. It's kind of changed the way I live my life.’

Caron is a Mum of three with a full time job. She currently teaches a weekly class at her workplace and local community center.



Lisha Zong

"It has been a truly phenomenal experience and I've gained so much confidence, not just in teaching yoga, but in just being more secure in myself as well. Hana's positive and grounding energy is completely infectious and made us all feel extremely well supported and cared for throughout the course."

Lisha completed this course whilst studying on her PHD. She gained the skills and confidence to run Yoga classes for her fellow students at her Uni as well as teach an online session for a local charity.



Rachele Frosini

"It's been a journey of my own power and authenticity in becoming the Yoga teacher I want to be. Hana has held the space for us. She has really taken care of each and every one of us and really nurtured the authentic side of each of us"

Rachele dreamed of becoming a Yoga teacher after retirement as she thought it just wasn't possible with a demanding full time job and a young family. She managed to complete the course and even start a weekly Yoga class!



Anne Endes

"It's been a great, great journey! The training is very diverse and covers everything you need. The balance of online and in-person sessions allowed me to take my training with me when away in France"

Anne was sceptical about the online element of the course, but then realised it allowed her the freedom to be away the whole summer but still take the training with her. Anne also started running her own online classes with family and friends whilst on the course and then expanded to teaching in her home and now has hired a community hall for the class she has grown.



Sandy Bergman

"I went from being petrified, to teaching a 60 min class in a London studio and loving it! I've also met some amazing people and the most important one being Hana. She has really supported me at times when I was really struggling."

When Sandy started the course she was really anxious about the teaching aspect. But throughout the course she gained the confidence to find her own unique voice as a teacher and breezed through her final teaching assessments with ease and joy! She is now embarking on her calling to create a specialised Yoga programme to support women suffering with PPMD.



Weng Yee

"I highly recommend this course. I am really glad that I did it with Hana. She was a wonderful course tutor, she has so much knowledge to give. It was also really supportive group and we all plan to stay in touch."

Weng currently teaches Yoga on a regular basis and has joined the British Wheel of Yoga and has taken the role and editor of the regional BWY magazine and social media officer.



Monika Weirzanska

"I never thought I would really end up teaching but I am! I had a fantastic experience on the course. I think Hana is a brilliant teacher and she inspired me on this Yoga journey. I have also made a fantastic friendships with other people on the course who share their passion for Yoga with me. I think I have made lifelong friends. I truly recommend Hana's course. It is a really rewarding experience."

Monika currently teaches several classes a week and has branched out into offering massage as part of her Yoga business.



Vincent de Frietas

'I have learnt so much and met so many great people. As far as I'm concerned I did practice yoga before but I now know completely so much more than I did. I am really excited about becoming a Yoga Teacher and a new career. If you are thinking about joining this course with Hana, she is top class, she is a fantastic Yoga teacher with so much knowledge. I couldn't recommend it more so go for it!'

Vincent now works as a full time Yoga and meditation teacher. He teaches yoga for young people and within his community. He recently completed further training specialising in teaching Yoga in prisons.



Georgina Shelly

'I had a baby during the course and Hana was really supportive in helping me complete. I have loved every second of learning and it has been a huge learning of every part. I'm so grateful to have met all the people that I have on this course. I really can't recommend it enough.'

Georgina is a Mum of 2 young children and teaches Yoga part time in between caring for her a little ones.



Mamie Barden

'Teacher training doesn't have to be this big scary thing! Hana was so good providing the support we all needed. I definitely recommend training with Hana'

Mamie is a busy Mum of three who runs a tarot card reading business. She completed the course and has now added teaching Yoga part time into her working schedule.

Frequently Asked Questions

I am worried about the time commitment. How much time do I need to complete the course?

You would need to attend 80% of all the course dates. You would also need approximately 4 hours a week for homework and teaching practices. Most people who attend the course have full time jobs and families to care for, so the course is designed to fit around this.

I am worried my yoga practice is not advanced enough to become a yoga teacher.

You will only learn to teach the postures you can do yourself and their modifications. Being a Yoga teacher really isn't about knowing how to do advanced yoga practices. It is about understanding people and how to make yoga accessible to them. There is a big emphasis throughout the course on making Yoga safe and accessible for all, rather than advanced asana.

Am I too old or too young to become a Yoga teacher?

Absolutely not! You can become a great Yoga teacher at any age! BWY asks for student teachers on the course to be over 16 years of age, there is no maximum age limit. I have had student teachers on my course from early 20s-late 60s. Every individual will bring their own personality and life experiences into their Yoga teaching, age is never an obstacle.

I have an injury or a condition that affects my Yoga practice and might affect my learning. Is this course suitable?

In terms of the physical practice, modifications and alternatives will always be offered. In terms of learning on the course, please let me know and we will figure out a way to make this course accessible to you.

What happens if life circumstances prevent me from progressing on the course?

Firstly I will always do my best to support you throughout the course. I can do this with extensions on the course work and regular check ins to see how you are doing. It is surprisingly common to have pregnancies and births during the course! In the past these students have still managed to complete the course with extensions. If this is not possible, we will apply to BWY for a special circumstance extension for the course work to be completed after the course has ended.

Next Steps ...

1. Complete application form with references here:
<https://d86bvg07t95.typeform.com/to/IXLSxjly?typeform-source=hanasaotome.com>
2. Arrange a call with Hana if you have further questions, either over the phone or zoom meeting: Call/text 07947585493 or book a meeting here:
<https://hanasaotome.as.me/?appointmentType=47438607>
3. You will receive an email in response to let you know if you are offered a place on the course.
4. Make deposit payment/ or payment in full to secure your place. If paying in instalments set up a standing order for monthly payments.
5. Hana will be in touch again before the start of the course with info on the Induction Day (the first day of the course)
6. Get started on online A&P
7. Purchase Yoga equipment and books for the course

To Close

This course is the opportunity to spend the next year with like-minded people, digging deeper into all that Yoga offers. None of the learning on this course is abstract, all of it will relate directly to you and your day-to-day life and teaching.

I believe this this course will change everything for you. You will discover a whole new aspect of yourself as a Yoga teacher. It will change how you weave Yoga into your life and then develop how you are going to weave Yoga into other people's lives too. I cannot emphasise how much joy and fulfilment this will offer to you and how rewarding it is to be Yoga teacher!

