



THE BRITISH WHEEL OF YOGA
QUALIFICATIONS

BWYQ Level 2 Certificate in the Principles and Practices of Yoga for Personal Practice

Qualification Number: 610/7219/9

Qualification Overview and Specification

Welcome to the BWYQ Level 2 Certificate in the Principles and Practices of Yoga for Personal Practice

This booklet is written primarily for learners who have registered onto the qualification or who are interested in registering, but it may also be used by Centre staff.

It gives you a broad overview of the qualification and lets you know where you can get more detailed information.

You may copy this booklet for your own use when working towards a BWYQ qualification. Every effort has been made to ensure that the information is correct. However, the right is reserved to change this from time to time and the most up to date version will always be on our website.

Aim of the Qualification

The overarching aim of the BWYQ Level 2 Certificate in the Principles and Practices of Yoga for Personal Practice is to equip you with the knowledge, skills and behaviours to develop a safe and informed personal practice.

The qualification will also give you a more in-depth introduction to the breadth of yoga in the West.

Completing this qualification should not be seen as an alternative to attending classes with a qualified teacher. Instead, it will work alongside your regular classes to allow you to enhance your yoga experience and develop your practice in a way that suits your individual needs.

The specific learning outcomes and assessment criteria are detailed later in this booklet, along with notes to help you understand what you are expected to learn.

Please note that this is **not** a yoga teaching qualification.

What this qualification could lead onto

By achieving this qualification, you will have foundational knowledge, skills and behaviours that will equip you to continue your studies with more advanced personal practice concepts or, should you wish, to begin training as a yoga teacher.

Prerequisites for Learners

There are no prerequisites for this qualification.

Structure of the Qualification

The BWYQ Level 2 Certificate in the Principles and Practices of Yoga for Personal Practice is a five-unit qualification. You will need to pass all units to receive the Certificate.

The qualification has a Total Qualification Time (TQT) of 123 hours of which 77 are Guided Learning Hours (GLH). Which makes the credit value 10 on the Regulated Qualification Framework (RQF).

Total Qualification Time (TQT) and Guided Learning Hours (GLH) are defined in Appendix A.

The specific GLH for each unit, are detailed below.

BWYQ Level 2 Certificate in the Principles and Practices of Yoga for Personal Practice

	Unit GLH
Unit 1 Introducing Principles of Yoga	11
Unit 2 Moving and Breathing: Practicing Asana, Pranayama and Basic Breathing	21
Unit 3 Practicing Concentration, Relaxation and Meditation	14
Unit 4 Creating a Personal Practice	10
Unit 5 Incorporating Yoga Philosophy into a Safe and Effective Personal Practice	21

It is estimated that the qualification will take up to a year to complete on a part-time basis. Guided learning hours with your tutor will take place throughout your course. In advance of enrolment, your centre will give you specific details of course dates and times. In addition to attending course dates, you should expect to spend an average of two hours a week for 12 weeks completing a personal practice journal, up to 15 hours over the course of the qualification to plan, practice and review two personal practice sequences and up to 7 hours over the course of the qualification for other independent study and completing assignments. Please be aware that this is a rough guide.

Levels of Attainment

This qualification has been developed to be at Level 2. The box below shows Ofqual's descriptor of the knowledge and skills required to pass a typical level 2 qualification.

Please note that the descriptor is designed to fit all level 2 qualifications regardless of subject. You will be required to meet assessment criteria which are specific to the principles and practices of yoga for personal practice. Those criteria are shown in the learning outcomes and assessment criteria table at the end of this booklet. The assessment criteria have been designed to fit with the descriptors below:

Knowledge descriptor	Skills descriptor
<p>Has knowledge and understanding of facts, procedures and ideas in an area of study or field of work to complete well-defined tasks and address straightforward problems.</p> <p>Can interpret relevant information and ideas.</p> <p>Is aware of a range of information that is relevant to the area of study or work.</p>	<p>Select and use relevant cognitive and practical skills to complete well-defined, generally routine tasks and address straightforward problems.</p> <p>Identify, gather and use relevant information to inform actions.</p> <p>Identify how effective actions have been.</p>

Assessors will assess your work against the assessment criteria which are underpinned by these descriptors. We will also provide supplementary guidance on assessment.

Learner Registration

You will register for **your course** using your Centre's learner registration system and sign a Centre Learner agreement.

To register for **the qualification** you will need to fill out a BWYQ Registration Form (H12). An online version of this form is available [here](#). Your centre can also provide this form in a Word format should you require it in this format. Completed Word forms should be returned to bwyqcoordinator@gmail.com

We will then issue you with a unique learner number (ULN). You will need to put this on all your work.

The information you provide on this form will be used to process your certificate, so if you change your name or contact details during your course, please let us know.

Ideally you should be registered before beginning your course, or within four weeks of starting.

Learner Support

Everyone who completes this qualification does so on a level playing field. If you have specific requirements, then you can apply for Special Considerations and/or Reasonable Adjustments at any time (see BWYQ 013 Special Considerations and BWYQ 012 Reasonable Adjustments policies for details).

Your fellow students will be a valuable source of mutual support. Other support and information will be available through your Centre's website and continuing professional development (CPD) events.

Assessment

To gain this qualification you must show that you have achieved all the Learning

Outcomes and Assessment Criteria (LOAC) in the relevant units at level 2. You will keep a portfolio of evidence showing achievement against the LOAC for each relevant unit. This evidence could be in the form of any of the following:

- Assessor observation and reports
- Evidence of Professional Discussion
- Learner assignments/practice journal
- Records of oral and written questioning
- Recognition of prior learning (RPL)

This list is not exhaustive, and other evidence may also be suitable.

The outcomes of your summative assessments will determine your end result. These are the formal assessments at the end of the course or the end of a unit/section. These will be assessed by your tutor/assessor and quality assured by your Centre's Internal Quality Assurance (IQA). They will then be submitted to us for External Quality Assurance (EQA) before your certificate is issued.

Summative assessment for this qualification will take the form of:

1. Personal practice journal
2. Workbooks – multiple choice and short answer questions
3. Assessor observation records completed during course days

Your work will be graded Pass/Refer/Fail. Your tutor/assessor will give you constructive feedback on your work, including developmental points and agree any further action that may be necessary if it is not at Pass standard. If an assessment is 'referred' you can re-submit it for re-assessment when the necessary amendments have been made, subject to the rules for referral. Your tutor/assessor will give you more information about this. A piece of work can be referred no more than twice.

We aim to make assessment accessible and fair to everyone, following the principles outlined in the BWYQ 008 Equality, Diversity Policy, the BWYQ 012 Reasonable Adjustments Policy or the BWYQ 013 Special Considerations Policy. If you feel that an assessment decision was unfair or not correct, you may appeal the decision. You must first follow the procedure outlined in your Centre's Appeals Policy. If that does not resolve the issue, then the appeal can be escalated to us by following the procedures in BWYQ 020 Appeals Policy.

Where appropriate, you can apply for prior learning to be recognised (see BWYQ 025 Recognition of Prior Learning (RPL) Policy.) Your tutor/assessor will need to establish that this meets the Learning Outcomes and Assessment Criteria of the relevant Unit/section.

Certification Procedure

Once you have achieved and evidenced all the LOACs at the specified level of attainment (2) for all units, your Centre will claim the qualification certificate for you.

If you get part way through and don't want to continue, then your Centre may be able to claim a unit completion certificate for any individual unit that you have already achieved. However, you should note that these are **NOT** qualification certificates.

Continuing your studies

After completing your qualification, you may wish to study for further BWYQ qualifications.

If you wish to develop a more advanced personal practice, then you may wish to study additional personal practice qualifications at level 3 and above as these become available.

You may also like to consider the BWYQ Level 3 Technical Specialist in Teaching Yoga (Certificate), the BWYQ Level 4 Certificate in Teaching Yoga or the BWYQ Level 4 Diploma in Teaching Yoga.

For more information on these qualifications please see the BWYQ website.

BWYQ Policies you should be aware of:

- **BWYQ Equality and Diversity Statement** (BWYQ 008)
- **BWYQ Equality and Diversity Policy** (BWYQ 009)
- **BWYQ Safeguarding Adults Statement** (BWYQ 010a)
- **BWYQ Reasonable Adjustment Policy** (BWYQ 012)
- **BWYQ Special Consideration Policy** (BWYQ 013)
- **BWYQ Malpractice and Maladministration Policy** (BWYQ 017)
- **BWYQ Sanctions Policy** (BWYQ 018)
- **BWYQ Complaints Policy** (BWYQ 019)
- **BWYQ Appeals Policy** (BWYQ 020)
- **BWYQ Recognition of Prior Learning Policy** (BWYQ 025)
- **BWYQ Plagiarism Policy and Guidance** (BWYQ 026)
- **BWYQ Data Protection Policy** (BWYQ 029)
- **BWYQ Privacy Statement**

All BWYQ policies are available as on our website [here](#).

Learning Outcomes and Assessment Criteria (LOAC)

Unit 1 Introducing Principles of Yoga (11 GLH)

Learning Outcomes	Assessment Criteria	Ofqual Level Indicators	Amplification
1.1 Recognise key yoga principles.	1.1 .1 Recall Patanjali's Eight Limbs of Yoga. 1.1. 2 Identify the paths of yoga. 1.1.3 Use basic Sanskrit terms correctly to describe yoga.	Has knowledge and understanding of facts, procedures and ideas in an area of study or field of work to complete well-defined tasks and address straightforward problems. Is aware of a range of information that is relevant to the area of study or work.	Learners should have an introductory understanding of each limb including Sanskrit term and meaning in English and how each relates to modern practice. Learners should have an introduction to the 4 paths – what they mean and how they relate to modern practice/modern life. Common terms including basic principles, names of common asana, pranayama etc. Basic guide to pronunciation. Learners should use these terms in their practice journal.
1.2 Recognise the breadth of modern, western yoga practice.	1.2.1 Distinguish between different styles of modern yoga.		Learners should have an overview of common modern styles they are likely to encounter/read about and be able to gain a sense of the key similarities and differences.

Unit 2 Moving and Breathing: Practicing Asana, Pranayama and Basic Breathing (21 GLH)

Learning Outcomes	Assessment Criteria	Ofqual Level Indicators	Amplification
2.1 Practise a range of asana and breathing techniques for personal use in a safe manner, demonstrating confidence and control.	2.1.1 Perform key asana suitable for personal practice safely and with control.	Identify, gather and use relevant information to inform actions.	Learners should be introduced to a set of basic standing, seated, prone, supine and balance asana suitable for home practice, such as, but not limited to, Tadasana, Virabhadrasana I and II, Trikonasana, Utkatasana, Uttanasana, Sukhasana, Paschimottanasana, Dandasana, Janu Sirsasana, Ardha Matsyendrasana, Baddha Konasana, Setu Bandha Sarvangasana, Apanasana, Bhujangasana, Salabhasana, Vrksasana, Surya Namaskara, Savasana Learners should be aware of basic alignment principles, suitable props and modifications, safe transitions Learners should have opportunities to practice a range of practices suitable for their level of experience, ability and health needs. They should be made aware of contraindications and safety guidelines. Practices could include, but not be limited to:
	2.1.2 Perform basic breathing and introductory pranayama practices suitable for personal practice safely and with control. 2.1.3 Identify the differences between basic breathing and pranayama.	Can interpret relevant information and ideas.	

			awareness of natural breath, abdominal breathing, Three part breath, Nadi Shodhana (without retention), Ujjayi, Bhramari.
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Unit 3 Practicing Concentration, Relaxation and Meditation (14 GLH)

Learning Outcomes	Assessment Criteria	Ofqual Level Indicators	Amplification
3.1 Select concentration and relaxation practices suitable for personal practice.	3.1.1 Incorporate suitable concentration practices within personal practice. 3.1.2 Incorporate suitable relaxation practices within personal practice.	Identify, gather and use relevant information to inform actions.	Learners should have opportunities to practice a range of practices suitable for personal practice that match their level of experience and health needs. They should be aware of any safety guidance, cautions to practice and possible modifications. Examples of possible practices include, but is not limited to, drishti (gaze awareness), breath counting, body awareness during asana, simple mantra, body scan, guided relaxation, progressive muscle relaxation
3.2 Recognise meditation practices suitable for personal use.	3.2.1 Incorporate suitable meditation practices within a personal practice. 3.2.2 Identify different types of meditation practices.	Identify, gather and use relevant information to inform actions. Is aware of a range of information that is relevant to the area of study or work.	Learners should have an overview of different meditation practices. They should have opportunities to practice a range suited to the level of experience, abilities and health needs. Examples of possible practices include, but is not be limited to, Anapana, Kaya Sthairyam, Ajapa Japa, Meta, Mantra, Walking meditation etc Learners should be aware of any cautions, possible modifications and safety guidelines.

Unit 4 Creating a Personal Practice (10 GLH)

Learning Outcomes	Assessment Criteria	Ofqual Level Indicators	Amplification
4.1 Create an appropriate personal practice that is safe and relevant to your needs.	4.1.1 Use Sankalpa within a personal practice. 4.1.2 Use appropriate hasta mudra within a personal practice. 4.1.3 Use appropriate mantra within a personal practice. 4.1.4 Incorporate suitable practices to prepare muscles and joints. 4.1.5 Maintain a journal of personal practice for a minimum of 12 weeks.	Identify, gather and use relevant information to inform actions.	<p>Learners should know what a Sankalpa is and how they can be used. They should have opportunities to practice setting them.</p> <p>Learners should be introduced to common basic mudra such as chin mudra, jnana mudra, Anjali mudra etc. They should understand when and how to use them.</p> <p>Learners should be introduced to common simple mantra such as Om, Bija Mantra, Soham and affirmation mantras in English etc. Where appropriate, this may be met by overtly secular mantra.</p> <p>Learners should have opportunities to practice a range of mobilising practices, including, but not limited to, Joint rotations (Pawanmuktasana series), gentle mobilising movements, Sun Salutation (modified if appropriate) They should understand why warming up is important. Learners should have clear guidance on formats and expectations for their personal practice journal as well as weekly prompts to help structure their practice.</p>
	4.1.6 Plan, practice and review a short personal practice sequence.	<p>Select and use relevant cognitive and practical skills to complete well-defined, generally routine tasks and address straightforward problems.</p> <p>Identify, gather and use relevant information to inform actions.</p> <p>Identify how effective actions have been.</p>	<p>Learners should be instructed on basic sequencing, including</p> <ul style="list-style-type: none"> ○ Simple warm-up ○ Main asana ○ Breathwork/Relaxation/meditation <p>The planned sequence should be at least 20 minutes long, although in some instances a longer or shorter sequence may be appropriate. Learners should review how well the sequence went, what changes might be necessary, what worked well, how they responded to it etc.</p>

Unit 5 Incorporating yoga philosophy into a safe and effective personal practice (21 GLH)

Learning Outcomes	Assessment Criteria	Ofqual Level Indicators	Amplification
5.1 Understand how philosophical perspectives can inform contemporary personal yoga practice.	5.1.1 Identify a range of philosophical ideas associated with contemporary yoga practice. 5.1.2 Suggest ways in which philosophical ideas can influence personal yoga practice.	Has knowledge and understanding of facts, procedures and ideas in an area of study or field of work to complete well-defined tasks and address straightforward problems. Can interpret relevant information and ideas. Is aware of a range of information that is relevant to the area of study or work.	Learners should be introduced to a range of philosophical ideas that commonly inform contemporary yoga practice, not previously covered in earlier units, or ones that are an extension of ideas first covered in earlier units, as appropriate. Possible concepts could include, but is not limited to, the subtle body, mindbody interconnectedness, Citta Vritti Nirodha, Sthira Sukham Asanam, gunas etc. Learners should have opportunities to explore the practical application of different ideas as suited to their level of experience and needs.
5.2 Recognise the foundations of a safe and effective personal yoga practice.	5.2.1 Identify key principles in creating safe and effective personal practice sessions.	Has knowledge and understanding of facts, procedures and ideas in an area of study or field of work to complete well-defined tasks and address straightforward problems.	Learners should be taught foundational principles of safe practice, including: <ul style="list-style-type: none"> • Preparation (physical and mental) • Basic sequencing • Creating a rounded practice • Adaptation/Modification - identifying individual needs/recognising physical limitations • Environment for practice • Self-observation/reflection
5.3 Incorporate yoga philosophy into personal practice.	5.3.1 Plan, practice and evaluate a personal practice session based around a philosophical concept, explaining the reason for your chosen concept.	Select and use relevant cognitive and practical skills to complete well-defined, generally routine tasks and address straightforward problems. Identify, gather and use relevant information to inform actions.	Learners should select a suitable philosophical concept. The planned personal practice session should ideally be approximately 40- 45 minutes long but may be a little shorter or longer depending on the individual. It should reflect the philosophy through the selection of practices, pace, Sankalpa etc Perform the planned session safely and evaluate it. Reflect on such things as: <ul style="list-style-type: none"> • How effectively the philosophy was expressed • Physical, mental, and emotional effects • What worked well • What could be adapted in future sessions

Useful Websites and Supporting Materials

You will find useful websites and supporting materials here:

BWYQ: www.bwyq.org.uk

Ofqual: www.ofqual.gov.uk

National Governing Body of

Yoga: www.bwy.org.uk

Frequently Asked Questions

What books do I need for the qualification?

BWYQ does not specify this. However, your tutor may give you a recommended reading lists at the start of the qualification.

What does 'quality assured' mean?

This is the process used by BWYQ to check that assessments have been assessed fairly and to a consistent standard. Centres complete their own internal quality assurance (IQA) which is checked (externally verified) by the BWYQ External Quality Assurance (EQA) process.

When will I get my certificate?

This will usually be 6- 8 weeks after your Centre has sent us a completed certificate request form and a sample of your work. Sometimes it can take a little longer if additional evidence is needed or if something has to be checked with the Centre. Please also be aware of the time it will take your centre to complete the necessary end of course checks and paperwork **before** the send the request to us.

Appendix 1: Total Qualification Time (TQT) and Guided Learning Hours (GLH) Definition

Source: Ofqual General Conditions of Recognition February 2020

Total Qualification Time (TQT)

The number of notional hours which represents an estimate of the total amount of time that could reasonably be expected to be required, in order for a Learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of a qualification. Total Qualification Time is comprised of the following two elements:

- (a) the number of hours which an awarding organisation has assigned to a qualification for Guided Learning, and
- (b) an estimate of the number of hours a Learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed by – but not under the Immediate Guidance or Supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

Guided Learning

The activity of a Learner in being taught or instructed by – or otherwise participating in education or training under the Immediate Guidance or Supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

For these purposes the activity of ‘participating in education or training’ shall be treated as including the activity of being assessed if the assessment takes place under the Immediate Guidance or Supervision of a lecturer, supervisor, tutor or other appropriate provider of education or training.

Immediate Guidance or Supervision

The guidance or supervision provided to a Learner by a lecturer, supervisor, tutor or other appropriate provider of education or training:

- (a) with the simultaneous physical presence of the Learner and that person, or
- (b) remotely by means of simultaneous electronic communication.

Document History		
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