

# New BWY Course Helps 200-hour Yoga Teachers Gain Top Qualification

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The British Wheel of Yoga (BWY) has launched its Advanced Integration Course, offering 200-hour qualified yoga teachers from other recognised schools the opportunity to progress to the BWYQ Level 4 Diploma – the UK's highest yoga teaching qualification, equivalent to the first year of a university degree.

Recognised by Ofqual, the regulatory body that ensures qualifications meet rigorous standards in England, this course offers teachers professional recognition, potentially opening doors to better career opportunities and enhancing their reputation within the industry.

Designed to build on prior learning, the course equips teachers with advanced teaching techniques, in-depth yoga philosophy and practical tools for effective class planning. Teachers will learn how to adapt yoga for diverse needs, while deepening their understanding of yoga philosophy and its application in modern practice.

"Many teachers find that a 200-hour qualification alone can leave them feeling underprepared," says Di O'Reilly, BWY Chair. "Our Advanced Integration Course provides the skills and support needed to teach yoga safely, confidently and to the highest standards."

The course provides a minimum of 125 hours of guided learning led by BWY expert tutors, ensuring students get in-depth training in a format that suits their needs – whether online, in-person, or hybrid. Applicants must provide details of their previous qualifications to ensure their prior learning is assessed.

For further details about the course and to apply, please visit:  
<https://www.bwy.org.uk/train/training/advanced-integration-course/>

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