

# BWYQ L4 Diploma in Teaching Yoga (RQF)

## Training Details

- Total Hours**  
276 Hour(s)
- Training Start Date**  
Starts September 19th 2026
- Training End Date**  
Ends January 21st 2029
- Introductory Day**  
May 16th 2026
- Induction Day**  
May 17th 2026
- Venue Address**  
Mind Body Spirit  
,  
Barnsley  
,  
SouthYorkshire  
S70 6HL
- Residential Weekend Address**  
Haybergill

## Tutors

[Michelle GRIFFITHS](#)

## Guest Tutors



## Training Introduction

\* **Your Tutor Michelle** began yoga at the age of five with meditation and pranayama practices before gradually moving into asana, through a natural healing in self discovery and global learning. In 2005 Michelle began building her studio, which holds classes in Yoga, Pilates, rehabilitation and charities / NHS groups, plus retreats, events, and teacher training courses.

\* **This course is for you** if you want to train with someone with a vast knowledge, which isn't just attending your 24 weekend course but also includes FREE weekly recorded classes in many styles and paths, the option to shadow experienced BWY teachers in the studio, Michelle then offers mentoring connections as you grow as a teacher in the future.

\* **The course is over 24 weekends**, one weekend per month ( Saturday afternoon and all day Sunday ). The course does not run in August and December to allow for private study and family time. The course includes a weekend retreat in Cumbria which runs Friday to Sunday in July 2027 Our retreat is held in blissful surroundings, to enhance your learning. This is a face to face course however if your away on holiday or ill at home you have the option to join in on zoom.

\* **Your learning** includes the in depth BWYQ syllabus, for the leaflet of information please request by email [michelle@mindbodyandspirit.com](mailto:michelle@mindbodyandspirit.com) with taster session of yoga therapy, antenatal and postnatal, Yoga rehabilitation, chair yoga and a lot more progressing your skills as a BWY teacher, and future courses. Michelle is highly qualified in many specialist areas, including learning styles, resulting in creative learning experinace.

\* The course begins with a **introduction and induction weekend in May 2026**. After the induction weekend you will have three months to complete the online self-study A&P course before starting the Dिल्poma course.

\* The training will be held one weekend once per month, **from September 2026**. The course covers both theory and practical. This is a face to face, in-person course, however if you are ill or on holiday, don't worry you can join by zoom.

\* **One free recorded weekly class** is provided for contiuned study, througout the course, which last for six days, enabling you to partake, and make notes)

\* Between course days you will have access to interaction with your peers and tutor, in addition to opportunities to shadow, and cover classes at MBS studio, to build your confidence, experience and knowledge.

## How the Training Works

**Our weekends together are scheduled on the 3rd weekend of the month:**

Saturday 1pm to to 6pm  
Sunday 9.30am to 5pm with 30 min lunch

Each weekend plan follow a similar format every month. Saturday focusses more on theory, with some practical towards the end of the day, Sunday focuses on practical workshops in the morning, followed by theory after lunch, and group teaching practice towards the end of the day.

There is one weekend retreat scheduled in July 2027

The retreat runs from Friday 6pm to Sunday 2pm.

This course runs over 24 weekends in total.

**There are no face-to-face training days in August and December.**

The training be delivered in variety of different teaching methods including:

Tutor demonstrations  
Thoery lectures incorporating group work and dicussions  
Reading and writing tasks including note taking, written tasks, and assignments  
Practical group activities.  
Creactive dicussions and group work.

**Home study:**

There is additional work to be completed between face-to-face course days including:

online anatomy & physiology course  
independent research and reading  
attending your regular yoga class  
completing pre-recorded class from MBS  
completing written assignments

**Assessments:**

You will be assessed as part of your course teaching your peers in the studio, plus two additional Assessed Class Teachings (ACTs). ACT assessments are completed outside course hours in your own yoga classes or a specially set up class at MBS studio.

You are also required to complete written assignments. These are completed outside of course hours and uploaded to the BWY website.

It is essential you have access to a computer or Laptop, or tablet to complete the course.

**Course Costs:**

Diploma course Total £3160 ( Deposit £500, Balance Paid over 28 months at £95 per month )

Residential weekeend £320 Paid 14 weeks before event.

BWYQ Course registration fees are £300 Paid directly via the BWY website.

First aid esimated £70 to £80 paid directly to the course provider.

BWY Memberships / Insurnace £94

Introduction and inductions weeeknd is FREE.

A&P course costs £175

Set Books esitimated £100 MBS have a library for use when in the studio.

Assessments (ACTs) if held at the MBS studio FREE is held at another location assessor travel costs required.

**Further information and a course pack please email Michelle directly.**

[www.mind-bodyandspirit.com](http://www.mind-bodyandspirit.com)

[michelle@mind-bodyandspirit.com](mailto:michelle@mind-bodyandspirit.com)

07789037427



## Pricing

<b>Registration</b>	£300.00
<b>Membership</b>	£103.00

Tuition fees will be taken separately, and you will be credited for any remaining time left on your current subscription.

Register Your Interest