



Level 3 Yoga Diploma

Study Plan:

This is designed to help you complete **Units 1 - 5** of **Level 3 Yoga Diploma**.

Accreditation Number (QCF) 600/2090/8

Unit 1: Underpinning principles of teaching Yoga

Unit 2: Anatomy & Physiology for Yoga

Unit 3: Planning a series of Yoga sessions

Unit 4: Health & Safety for Yoga

Teaching a Yoga session

We advise that you complete your units in the following order: 1, 4, 2, 3, 5.

Tips to help you with your work submissions:

Please complete pages 3 and 4 of your LAP before submitting any work. On page 3, under 'planned assessment date', please enter the approximate date you think you will have each unit ready for assessment. On page 4, please sign and date where necessary.

Upon completion of a unit, please send it to your assessor. Your assessor will attempt to assess your work within 2-3 weeks of its receipt. If you do not hear from your assessor, please email her, she may have emailed you and not be aware that you have not received your feedback.

You can complete your units on paper via the post. If you do this, please photocopy everything you send, send the original to your assessor, and send via recorded delivery. Be sure to keep your posting receipt.

You can complete your units electronically. Please backup your work in some way, in order to have a copy of it. If you email your units, please clearly name your attachments, this will make it much easier, and quicker, for your assessor to locate your file. For example: 'Diane Leek Yoga Unit 1'

Unit 1: The underpinning principles of teaching yoga:

This is assessed via a worksheet. Unit 1 has three sections; Teaching skills, historical perspectives of yoga, and the key concepts of yoga. Check the minimum marks needed to pass each question, section, and the unit. If you refer on a question, you have the opportunity to do it again (having received apposite feedback) and re-submit it. You do not need to re-do the whole unit.

If a question asks you to describe, consider, explain, give examples etc, you must give plenty of relevant detail and information within your answer. A list, pertinent though it may be, will not achieve minimum marks (or maximum) if the question has asked for a description, for example.

Unit 1 should be done first as it is a worksheet, allows you to study and learn the underpinning principles of yoga, and gives you a good knowledge base in preparation for the other units.

Unit 2: The anatomy and physiology of yoga:

This is the anatomy and physiology unit.

This is assessed via a seven section worksheet, covering all of the systems of the body, and a specific A & P for yoga section (section 7). In section 7 you are (amongst other questions) required to complete an analysis of two yoga asana. Your tutor will give you these on one of the live days. You will receive help regarding how to complete this task, on the live days (postures day, and LAP day), you will also receive a help sheet to guide you in completing this task.

Please complete all seven sections before submitting unit 2 to your assessor.

Unit 3: Planning a series of Yoga sessions:

This unit is based upon planning aspects and considerations of the practical application of teaching of Yoga classes.

Unit 3 contains a worksheet, a ten week overview, and two detailed session plans.

In the ten week progressive overview – you are required to produce an overview to cover a ten week period of progressive yoga sessions. The overview should show one session per week over this ten week period (ten sessions in total). Each session should be a minimum of one hour and a maximum of an hour and a half in length.

The ten week progressive overview can be planned for any group of participants, e.g. beginners group or a group with specific needs e.g. yoga for strength, or the weeks can have themes. There is an example of a whole ten week overview in your Active IQ Yoga Manual.

The planned overview must include the following aspects during the ten weeks:

- basic breathing, asana/poses and counter-poses
- pranayama (not necessarily introduced in the early weeks)
- relaxation
- meditation / concentration techniques (not necessarily introduced in the early weeks)

The following aspects can be included but are not mandatory:

- mudra
- bandha
- kriya
- mantra / chanting
- spiritual readings

Please use the ten week overview template within your LAP to complete your ten week overview.

Detailed session plans - Once the ten week overview has been produced you are required to create two detailed session plans for yoga classes to include:

- Session plan 1: a plan for weeks 1, 2, 3, or 4 of the 10 weeks (1 – 1.5 hrs or 60-90mins). You need to state which week on the top of your plan. This session will need to be planned in detail.
- Session plan 2: is a plan for your final class observation (1 - 1.5 hrs or 60-90mins) for Unit 5, in other words, the second detailed session plan is the one you will actually teach in your summative observed assessment. This plan needs to be based on weeks 5, 6, 7, 8, 9 or 10 of the 10 week plan (this is to show progression from session plan 1). The observation checklist for the final class assessment can be used by the learner as a guide to planning (this is within unit 5).

Within the class plans you need to include the following information:

- aims and objectives of each session.
- detailed contents of the sessions (i.e. illustrations of chosen asana including relevant teaching points, outline of breathing practices etc). Ensure the asana come from the appendix in the yoga manual.
- benefits of asana / practice, and relevant teaching points along with breathing cues.
- modifications / adaptations / alternatives
- resources / teaching aids
- detail when the evaluation / review of the sessions will take place over the ten weeks.

Please use the detailed session plan templates in your LAP for your detailed session plans.

You must complete and submit your unit 3 before you carry out your summative assessment (or final, observed, assessed class). You must also have passed your unit 3 before filming your summative class.

There are examples of two detailed session plans in your Active IQ manual.

Unit 4: Health & Safety for Yoga:

Unit 4 is assessed via a worksheet. It is a worksheet in its entirety.

Read through unit 4 in your Active IQ Yoga Manual before you complete your answers in this unit. Please give examples, descriptions, explanations etc, where necessary, and when the questions ask for this. Adequate detail and information is necessary to achieve passes in questions of this sort. If a question asks you to describe (for example), a list will not achieve a pass.

Complete unit 4 after unit 1.

Unit 5: Including, teaching a Yoga session, and the ‘doing’ part of the LAP:

This consists of: A formative assessment tick-sheet (which is where you will carry out, and participate in, practice teaching tasks on the live days; nothing to be afraid of!), and a handout, outlining the key components of a yoga class. A Personal practice diary (which consists of the diary plan, the diary itself, and a diary reflection piece. Look at page 67 of your LAP for guidance on the dairy task). A Personal Development Plan chart. Finally, the

summative assessment (or, your final, observed class which you teach. Remember the class you teach is your second detailed session plan from unit 3).

You will be given a summative assessment help sheet to guide you on the filming rules, what is being assessed etc. Your tutor will also go through this on the live LAP day. Below is some guidance to help you for now:

Summative assessment – The yoga session needs to be for a group of yoga participants within an existing yoga class. There needs to be a minimum of six participants and a maximum of twelve. If there are regularly more participants in an existing class the assessor may use their discretion on this. You may already teach a class or need to arrange to teach another teacher's session. The session needs to be 60 minutes in length but the teaching plan must be for 1.5 hours.

The session can be themed or address a specific participant group.

The session plan for the final class assessment should already be complete (for unit 3).

The final class assessment needs to include the following:

- asana
- breathing practice
- pranayama practice
- relaxation
- concentration and meditation

At least one teaching aid from the following list: blocks, bricks, straps, bolsters, blankets, eye masks.

Optional aspects that can be included are mantra/chanting, kriya, mudra, bandha and spiritual readings but these are not mandatory.

The summative assessment is the final piece of work to complete in your LAP. Please be sure to complete your summative self-evaluation as soon as you have finished teaching your class.

Please submit your self-evaluation when you submit your class.

All the very best with your units.

Any tricky questions, challenging parts of the units, and commonly asked questions, will be covered on your LAP day, and your Postures day.

You might also want to bring your questions to the live days.

Please feel free to ask any questions you might have.

You will also receive help-sheets on mudras, bandhas, warm ups, the summative assessment, the asana analysis of unit 2.

We recommend you use your Active IQ manual to help you with your worksheets, but please read widely, attend various styles of yoga classes, and consider what you enjoy about yoga, and why you want to be a yoga teacher.

Good luck with your LAP and your yoga practice.