

WHY CHOOSE LEVEL 3 YOGA TEACHER TRAINING DIPLOMA

This YMCA Level 3 Diploma in teaching Yoga Qualification supports every learner, whether taking their first steps into fitness or simply wishing to boost their skills. Supported by high quality resources and assessment materials this programme has been created by leading industry experts in consultation with employers and training providers. YMCA Awards are internationally recognised and highly respected in the field of health and fitness throughout the world.

The global Pilates and Yoga studios market is predicted to rise at a tremendous rate of 10.0% in the 2021-2028 timeframe. This means that that is the perfect time for career opportunities within the Health and Fitness industry for Yoga Teachers. Currently, Yoga is the most popular group workout in the world, with 25% of respondents reporting they'd been to a yoga class at a fitness facility in the past year. Never has it been a better time to start your training to become a Yoga Teacher.

ABOUT THE COURSE

On this course you will learn how to modify, adapt and progress the asanas (poses) to suit the needs of your participants. This qualification has been created with your success in mind. So, whether you have designs on becoming a Yoga teacher, developing your own brand, or even branching out to instruct at retreats worldwide, you'll be able to do so once qualified.

QUALIFICATIONS OVERVIEW

Our level 3 Yoga Diploma is a qualification designed to help you become a successful and inspirational Yoga Teacher.

This qualification is mapped directly to:

This qualification is fully mapped to The Chartered Institute for the Management of Sports and Physical Activity (CIMSPA) professional standards for a Core Group Exercise Instructor, and is worth **10 CIMSPA CPD** Points.

ENTRY REQUIREMENTS

Learners need to be 16 or above to complete this qualification.

There are no formal entry requirements for this YMCA Level 3 Yoga Teacher Training Diploma, but it would be beneficial if you already have a Level 2 Gym or Level 2 Exercise to Music qualification. Additionally, it would be ideal if you have experience performing yoga asana (poses) and attending yoga classes, this will give you the best possible head start.

WHAT YOU WILL COVER ON THIS COURSE:

On this amazing yoga teacher training journey some of the topics you will cover are:

- **History and philosophy of yoga**

- History of yoga - ancient to modern

- Ancient yoga texts

- Four paths to yoga

- Meditation and mantra

- Mudras, bandhas & kriyas

- Six schools of Indian philosophy

- **Anatomy and physiology for exercise and health**

- Anatomical terminology

- The skeletal system

- The muscular system

- The cardiorespiratory system

- Energy and nervous systems

- The digestive system

- **Teaching and practicing yoga**

- Information gathering for yoga instruction

- Main phase

- Closing a yoga session

- Communication skills and wider teaching skills

- Using Sanskrit

- Progressive exercise programming

- **Understanding yoga asanas**

Ancient asana references

Asana practice and benefits

Developing effective asana practice

Alignment and centring

Directing prana and awakening energy centres

Stretching and strengthening

- **Yogic breathing and pranayama**

Benefits and outcomes of pranayama

Diaphragmatic breathing

Thoracic breathing

Clavicular breathing

Posture and body positioning

Contraindications to pranayama

ASSESSMENT

The YMCA Awards Level 3 Diploma in Teaching Yoga (Practitioner) is assessed through a combination of internal and external assessment which are split into 4 parts. These include:

- Theory - (multiple Choice, Anatomy and Physiology, Principles of Exercise and Fitness)
- Practical - (Deliver a Yoga class, Deliver Surya Namaskara Sequence (sun salutation)
- Course Work - (Design a yoga session plan, Design progressive programming, with modifications/adapations
- Workbooks - (Health, safety and welfare, how to support clients)

LEARNING RESOURCES

On enrolment to this course, we'll supply you with all the materials and resources you need. You'll get all the relevant digital training manuals and access to interactive eLearning.

PRACTICAL DAYS (FACE TO FACE COURSE)

As mentioned above, before attending the Level 3 Yoga Diploma Course it is strongly recommended that you attend Yoga classes and be familiar

with the asanas (poses). This course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary.

Things to bear in mind:

- You will have to do homework and preparation before the course begins.
- Attendance of all live days is compulsory.
- You are required to sit an exam, and teach a class either live or by video submission during the course to gain your certification.

This Level 3 in Teaching Yoga Diploma is delivered in a blended format combining home-study with 6 days (3 weekends) of face-to-face training at our studio in [The Hague](#). This blended learning course is perfect for anyone who enjoys learning practically and who enjoys interactions with others. With our face-to-face courses, you will get lots of up close and direct contact with your course tutor(s) and your fellow students. Throughout the 6-days of training, there are a combination of theory and practical workshops that will help you learn everything you need to become a Yoga Teacher. The content is delivered in a friendly, informal and positive tone.

OPPORTUNITIES FOR PROGRESSION

On completion of this Course, you'll be eligible to deliver Yoga classes in any environment suitable for exercise. Yoga is a very popular choice of group exercise and there is a high demand for Yoga Teachers. Whether you want to set up your own classes in a village hall, dance studio or even outdoors, you'll be qualified. Alternatively, if you want to work in a health club environment, you'll also be eligible.

Learners may choose further same-level qualifications, for example:

- Level 3 Diploma in Teaching Pilates (Practitioner)
- Level 3 Diploma in Personal Training and Instruction.
- Specialist Pilates courses including antenatal and postnatal Pilates, large and small apparatus
- Little Peoples Yoga (Pre-requisite Level 3 Pilates)