

BWY MODULE

Yoga Therapy: Whole Person Healing

Student Prospectus

**45 Hour
Foundation Course
on Yoga Therapy**



British Wheel of Yoga Module

Student Prospectus



Yoga Therapy: Whole Person Healing Foundation Module

Introduction

Yoga therapy is an empowering and supported self-care approach to establishing and maintaining health and wellbeing.

Yoga looks at each person as a whole; an integrated being comprising body, breath, mind and emotions as well as the wider environment it lives in. Appropriate yoga practice establishes harmonious balance across all these dimensions which allows an awareness and connection to self to arise.

When imbalance manifests as ill-health, yoga therapy offers tools that can have a significant impact on all the different aspects of a person to encourage reintegration. The yoga therapist and their client work collaboratively to skilfully tailor action and self-management that moves the client towards healing and the reduction of suffering.

This course covers the foundations of Yoga therapy while facilitating a personal experience of the process of yoga therapy throughout. Two individual Yoga therapy sessions with one of the tutors are embedded into the course to underpin this practical experience.

Learning for Personal and Professional Development

This 5-day foundation module provides a way of experiencing yoga therapy from a personal perspective whilst covering fundamental theory in the tradition of yoga on health and healing. During the module, yoga practices using asana, pranayama, chanting and meditation will encourage awareness of their therapeutic use through direct experience. The module will encourage you to reflect on your personal health and self-development.

Supporting clients to bring about changes in their self-understanding and improve diverse aspects of their health is hugely rewarding, humbling and sometimes challenging. The yoga therapy module furthers your professional development through the study of healing and working with the challenge of compromised health in an individual yoga therapy setting. It is also a growing area of work as the effectiveness of yoga therapy becomes more recognised by mainstream conventional medicine. NICE now recommends Yoga as a suitable first stage intervention for chronic non-specific low back pain.

Whilst this course does not provide a full training on yoga therapy, many aspects of it can be used to support individuals more effectively in your group classes. It may also be the starting point into a new area of study and work.

Course Outline



- 5 days of online teaching and practice
- 1 half-day online teaching session
- 2 individual sessions of yoga therapy with one of the course tutors (online or in person if distance allows)

The two 1 to 1 yoga therapy sessions provide an experiential foundation to understanding how yoga therapy differs from yoga teaching and this understanding will be built upon throughout the course.

The course consists of topic presentations, yoga practices, small group work, partner work and some home study and course work after each session.

The course is structured on the **heyam, hetu, hanam, upayam** model of healing, the Vyuham model.

- Heyam: there is suffering
- Hetu: there is a cause
- Hanam: there is a goal
- Upayam: there are means

This model of awareness, healing and transformation guides the course content through this process of therapeutic work.

Course study areas

- The difference between yoga teaching and yoga therapy
- Qualities of a yoga therapist
- Boundaries in yoga therapy work
- Examination of dukkha, suffering, as a definition and its spectrum as manifestation of imbalance and ill-health through all levels of being
- Causes of suffering from the perspective of Yoga, Samkhya and Ayurveda
- Goal of yoga therapy
- Collaboration with the client
- The role of the yoga therapist
- Compassion and self-care in yoga therapy
- Overview of the tools of yoga in a therapeutic setting
- Practical experience and application of these tools



Aims, Objectives and Outcomes

Aims

- To provide yoga teachers with a model of whole person healing
- To introduce relevant knowledge and practical application of models of health and healing in the tradition of yoga, to appreciate the therapeutic application of yoga
- To introduce principles from the sister science of ayurveda and other contemporary healing methods to experience a spectrum of disciplines applicable to yoga therapy
- To develop the skills of research, exploration and reflection on the areas of yoga therapy
- To practice appropriately with tools from Viniyoga including asana, pranayama, chanting, visualisation, focussing, contemplation and reflection to affect changes to habitual patterns of behaviour, lifestyle and perceptions
- To appreciate the specific skills of a yoga therapist and to reflect on the experience of healing and change

Objectives – participants will be able to

- integrate healing models from yoga, ayurveda and contemporary methods
- recite and apply the teachings of key Yoga Sutra relevant for personal growth and healing
- understand the basic principles of Viniyoga
- appreciate the difference between a yoga teacher and a yoga therapist
- recognise the professional boundaries of a yoga therapist
- create a nurturing environment for the client/therapist relationship
- observe and reflect on health and use therapeutic yoga tools appropriately to restore balance
- cultivate a sustainable personal practice which includes a range of relevant therapeutic yoga tools
- listen and observe themselves and others with a heart centred on compassion and kindness
- investigate and prioritise the aspects of being for healing – physical, emotional, mental and spiritual
- appraise their personal experience of the therapy process
- observe and reflect on the transformative qualities of yoga tools
- appreciate the efficacy of the gradual approach of vinyasa krama
- adopt and apply the therapeutic model of yoga for their journey to whole person healing

Required Reading & Course Books

- 'Heart of Yoga', TKV Desikachar
- 'Yoga Therapy', A G Mohan
- A copy of the Yoga Sutras – see recommended versions:

Liberating Isolation by Frans Moors

Yoga Sutras by Bernard Bouanchaud

Yoga Sutras of Patanjali by TKV Desikachar;

The Yoga Sutras of Patanjali by Edwin F. Bryant



Course Tutors

Sabine Dahn combines her work as a yoga teacher and therapist with teaching ceramics and creating her own artwork. She has a particular awareness of yoga's positive impact on mental health. She has collaborated with MIND, developed her own Mental Health Yoga Programme and delivered several training days on Mental Health for the BWY and AYS. Alongside her private practice she has offered yoga therapy on the haematology, gynae-oncology and children's oncology wards at the Royal Sussex Hospital. She recently drew up a set of tiered courses for Yoga within the Learning for Health & Wellbeing section of Aspire Sussex Adult Education. She is passionate about nature and accepting its gifts to care for our health whilst also protecting and sustaining our planet. This finds expression in her work as Wellbeing Advisor with the anthroposophical company Weleda.

Barbara Dancer runs a yoga therapy practice, teaches yoga and is on the committee for the British Council for Yoga Therapy (BCYT). She was Chair of BCYT between 2013-2016, steering the Core Curriculum through its agreement as the basis for accreditation of UK yoga therapy training. She has run yoga therapy privately, within charities, as part of complementary health businesses and publicly funded projects and has taught yoga since 2000.

Barbara trained and was employed in the environmental sector and field of acoustics before working in yoga full-time and retains her interest in living skilfully whilst protecting the environment. She loves walking in her local environment of the Chilterns as often as possible.



Dates

21st September, 5th October, 19th October, 9th November, 23rd November,
7th December 2025

Half day afternoon session on 9th November (2-5pm)

1st individual yoga therapy session in September

2nd individual yoga therapy session in November

Cost

- £600 (this includes 2 individual yoga therapy sessions @£50 each)
- BWY Registration fee £60
- Temporary BWY membership (if required): £10

Payment

A deposit of £200 on booking and to confirm the place.

Balance of £400 to be paid on 14th September 2025 - one week before first course date.

If you cancel one month before the start of the course, (17th August 2025), your deposit is refundable minus an administration fee of £30. After that date, the deposit is non-refundable. If you cancel after the course starts, then no part of your payment will be refundable.

Entry Requirements

Yoga therapy requires a significant degree of knowledge, understanding and insight. This 5-day foundation module is aimed at experienced teachers who would like to delve deeper and are considering taking their work in the therapeutic direction.

- 2 years of yoga teaching after completion of teacher training
- The course works with the Yoga Sutras and a prior understanding of this text would be helpful.
- Completed application form (see last page of prospectus)



Assessment and Evaluation

- Handouts to guide you through the material of the course are included for each session.
- You are required to complete two pieces of homework:
 - A reflective diary in response to your individual sessions and your own yoga therapy journey
 - A summary of the most relevant points from each of the four stages of the Vyuham model. The format in which this is presented is your choice.

Certification

The module is accredited by the British Wheel of Yoga.

It counts for 45 CPD hours.

A BWY Module Yoga Therapy Whole Person Healing - Foundation Certificate will be awarded following successful completion of all course work and attendance of at least 80% of the training days.

Progression

Following the course, students have the option of continuing their studies into a 2-year training programme to become a fully qualified yoga therapist.

The Yoga Therapy: Whole Person Healing 2-year course includes the complete Curriculum requirements of the British Council for Yoga Therapy (BCYT- the UK accreditation body for Yoga Therapy training). It prepares students to expand their professional work into therapeutic teaching and optional registration with the Complementary and Natural Healthcare Council (CNHC). This full yoga therapy training course will be available in 2026.

Application Form [click here https://form.jotform.com/203612681330345](https://form.jotform.com/203612681330345)

or see page 8

For questions or any further module information, please contact

Barbara at barbaradancer@gmail.com t: 07917 887321

Sabine at sabinedahn61@gmail.com t: 07505 016359

Policy Statements

Equality and Diversity

This course adheres to The British Wheel of Yoga policy on Equality and Diversity.

“The British Wheel of Yoga is fully committed to the principles of equality of opportunity. It is responsible for ensuring that no member, volunteer, job applicant or employee is unlawfully discriminated against due to age, sex, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief or sexual orientation (together the protected characteristics as set out in the Equality Act 2010).

The British Wheel of Yoga will ensure that there is open access for all those who wish to participate in the practice of yoga and that they are treated fairly, in accordance with the law and reflecting the ethos and philosophy of Yoga.”

The full policy is available at The British Wheel of Yoga’s website.



Complaints procedure

It is our wish to provide training of the highest standard and to create a positive and beneficial environment on this course.

If a student has a complaint regarding the course, they are requested, in the first instance to informally contact one of the tutors outlining their concern. The majority of concerns can be addressed at this point and the tutors will endeavour to find a satisfactory solution with the student.

If a concern cannot be resolved informally, then a written complaint should be sent by email, to the course tutors with details of the complaint. This gives the opportunity to identify the area or areas of concern and time to consider options to resolve the complaint. A written reply will be given within 28 days with any action taken or to be taken to remedy the complaint.

In the unlikely event that the complaint is unresolved, the complaint can be brought to the attention of the British Wheel of Yoga Modules Officer, in writing. The Modules Officer will mediate in consultation with the Education Committee Chair. The complainant will be informed of the decision taken and any measures decided upon as soon as possible.

Written records of all data and correspondence involved in the complaint will be retained by the Modules Officer.

The BWY Complaints Policy is available at <https://www.bwy.org.uk/members/resources/1/>

Please login to the BWY website to access the Policy.

Application Form



BWY Module Yoga Therapy: Whole Person Healing

To apply for the BWY Yoga Therapy Module starting in September 2025, please complete the information below which is confidential.

Personal details

Full name:

Address:

Preferred telephone contact:

Best times to contact me on this number is:

Secondary telephone contact:

The best times to contact me on this number is:

Email address:

Gender Identification:

Age:

My personal statement in about 250 words:

Please tell us about yourself and your experience of yoga, including yoga therapy, and say what you'd like to get from this BWY Yoga Therapy Module, along with any special areas of interest.

(Do feel free to present this information in a format that is suitable for you).

Yoga Teacher Training and Yoga Teaching

Please give the course name, teacher and date of the yoga teacher training that you attended.

What sort of yoga teaching are you currently doing?

Are you a BWY member? Y / N

Statement of Commitment

Regular attendance as well as reading and research/self reflection and keeping a record of your personal practice will be expected from you on this module.

I have carefully considered the course details and am willing and able to commit the time to attend as well as practice and study at home while I am attending the BWY Yoga Therapy Module: Whole Person Healing.

Signature

Name

Date

Email your form as a word document or scanned document to barbaradancer@gmail.com

Thank you for completing this application form.

We will be back in touch with you very soon and look forward to working with you on this Module.

See more information on yoga therapy on our website and newsletter at

www.yogatherapywholepersonhealing.com