



Qualification  
Guidance

# Level 3 Diploma in Teaching Yoga

Qualification  
Accreditation Number:  
**600/2090/8**  
Version AIQ004540

**Active iQ**

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# Active IQ Level 3 Diploma in Teaching Yoga

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## Introduction

The Active IQ Diploma in Teaching Yoga is at level 3 on the Regulated Qualifications Framework. It is also recognised by the Register of Exercise Professionals (REPs) and allows access at Level 3.

**Guided learning hours:** 78    **Total Qualification Time:** 268    **Credit:** 38

Minimum credit to be achieved at or above the level of the qualification	32
Requirements other than the award of credit which needs to be met before the qualification is awarded:	None
Exemptions:	None

## Entry Requirements

- a minimum of two years experience of participating in yoga classes is desirable
- the course requires physical exertion, therefore, a degree of physical fitness is necessary
- there is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at Level 2

## Qualification Outline

### Target Learners:

- Adults (aged 16+) wishing to pursue a career in teaching yoga
- Please note that 16-18 year olds may need to be supervised in the workplace, once they have achieved this qualification

### Aim:

To provide learners with the knowledge and skills to:

- plan, prepare and deliver safe and effective Yoga sessions

### Objectives:

To provide learners with the knowledge and skills to:

- understand the underpinning principles of yoga
- understand the anatomy and physiology theory related to yoga
- understand and be able to plan yoga sessions
- be able to teach a safe and effective yoga session
- be able to self-evaluate and reflect on teaching skills and personal practice

### Progression:

This qualification provides progression on to:

- Other fitness instruction qualifications at Level 2 or Level 3
- Level 3 qualifications for learners who wish to further their knowledge and skills for example, Exercise Referral for learners who wish to work with specialist populations as well as the general population or Sports Massage (Soft Tissue Therapy)

## Links to National Occupational Standards

There are links to:

- Instructing Exercise and Fitness and Instructing Physical Activity and Exercise
- A355 Reflect on and develop own practice in providing exercise and physical activity
- C22 Promote health, safety and welfare in active leisure and recreation
- C316 Work with clients to help them to adhere to exercise and physical activity
- D459 Evaluate exercise and physical activity programmes

## Tutors, Assessors and Internal Verifiers

### Required Criteria

All Tutors, Assessors and Verifiers must:

- Possess a discipline specific qualification equivalent to the qualification being taught
- Have relevant industry experience
- Demonstrate active involvement in a process of industry relevant Continued Professional Development during the last two years

### Tutors

Tutors must hold, or be working towards a teaching qualification.

The following are acceptable:

- Level 3 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 3 Award in Education and Training
- Level 4 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 4 Certificate in Teaching in the Lifelong Learning Sector (CTTLS)
- Level 4 Certificate in Education and Training
- Level 5 Diploma in Teaching in the Lifelong Learning Sector (DTTLS)
- Level 5 Diploma in Education and Training
- Certificate in Education

### Assessors

Assessors must hold or be working towards any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment or
- Level 3 Award in Assessing Vocationally Related Achievement or
- Level 3 Award in Assessing Competence in the Work Environment or
- Level 3 Certificate in Assessing Vocational Achievement, or
- A1 (previously D32, D33)

### Internal Verifiers

Internal verifiers must hold or be working towards any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice or
- V1 (previously D34)

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

**Active IQ Level 3 Diploma in Teaching Yoga****Qualification Accreditation Number: 600/2090/8****Qualification Structure**

Learners must complete the five mandatory units (38 credits).

**Mandatory Units**

Unit	Unit accreditation number	Level	Credits	
1	Underpinning principles of teaching yoga	L/503/2579	3	10
2	Anatomy and physiology for yoga	F/503/2580	2	6
3	Planning a series of yoga sessions	J/503/2581	3	6
4	Health and safety of yoga	L/503/2582	3	4
5	Teaching a yoga session	R/503/2583	3	12

Successful achievement of all five mandatory units must be achieved for the full qualification.

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand the teaching skills needed by a yoga teacher	1.1 Describe the communication skills needed by a yoga teacher 1.2 Describe how the correct use of language is important in teaching a yoga class 1.3 Explain the importance of using the Sanskrit asana names 1.4 Describe the motivational skills needed by the yoga teacher <ul style="list-style-type: none"> <li>• student motivation</li> <li>• long term adherence</li> <li>• home practice</li> </ul> 1.5 Describe the importance of the relationship between the yoga teacher and the yoga class participants
2. Understand the role of the yoga teacher	2.1 Explain the concept of 'role model' for a yoga teacher 2.2 Describe the implications of lifestyle choices of a yoga teacher, to include: <ul style="list-style-type: none"> <li>• personal practice</li> <li>• diet</li> <li>• approach to challenges / stress</li> </ul> 2.3 Explain the differences between a 'fitness' instructor and a 'yoga' teacher 2.4 Explain professional codes of practice
3. Understand the benefits of yoga	3.1 Describe the benefits of yoga to include: <ul style="list-style-type: none"> <li>• physical benefits</li> <li>• mental / emotional benefits</li> </ul>
4. Understand the origins of yoga	4.1 Define the term 'hatha' yoga 4.2 Summarise the history of yoga 4.3 Describe different types of yoga to include: <ul style="list-style-type: none"> <li>• Iyengar</li> <li>• Ashtanga</li> </ul> 4.4 Explain the significance of the Sanskrit language
5. Understand the relevance of ancient yoga texts	5.1 Identify the main concepts within the four classic ancient yoga texts: <ul style="list-style-type: none"> <li>• Hatha Yoga Pradipika</li> <li>• The Upanishads</li> <li>• The Bhagavad Gita</li> <li>• The Yoga Sutras of Patanjali</li> </ul> 5.2 Explain how to include the teachings of the ancient yoga texts within a yoga class
6. Understand the eight limbs of yoga	6.1 Summarise the eight limbs of yoga according to Patanjali: <ul style="list-style-type: none"> <li>• Yama</li> <li>• Niyama</li> <li>• Asana</li> <li>• Pranayama</li> <li>• Pratyahara</li> <li>• Dharana</li> <li>• Dhyana</li> <li>• Samadhi</li> </ul>
7. Understand the four paths of yoga	7.1 Describe the four paths of yoga, to include: <ul style="list-style-type: none"> <li>• Jnana yoga</li> <li>• Raja yoga</li> <li>• Bhakti yoga</li> <li>• Karma yoga</li> </ul>

8. Understand the key concepts of yoga	8.1 Describe the concept of prana, to include: <ul style="list-style-type: none"> <li>• kundalini</li> <li>• nadis</li> <li>• granthis</li> <li>• chakras</li> </ul> 8.2 Describe the concept of kleshas, to include: <ul style="list-style-type: none"> <li>• ignorance</li> <li>• I-am-ness</li> <li>• suffering</li> <li>• attachment</li> <li>• repulsion</li> <li>• will to live</li> </ul> 8.3 Define the term mantra 8.4 Explain how mantra could be included in a yoga class 8.5 Explain the symbol 'Om'
9. Understand the concept of kriyas	9.1 Describe the concept of kriyas in yoga, to include: <ul style="list-style-type: none"> <li>• neti</li> <li>• trataka</li> <li>• kapalabhati</li> </ul> 9.2 Describe how kriya can be taught in a yoga class
10. Understand mudra techniques	10.1 Summarise the concept of mudras in yoga 10.2 Describe a range of mudra to include: <ul style="list-style-type: none"> <li>• jnana mudra</li> <li>• anjali mudra</li> <li>• vajrapradama mudra</li> <li>• prana mudra</li> <li>• dhyana mudra</li> </ul>
11. Understand bandha techniques	11.1 Summarise the concept of bandhas in yoga 11.2 Describe a range of bandha to include: <ul style="list-style-type: none"> <li>• jalandhara bandha (chin lock)</li> <li>• uddiyana bandha (abdominal lock)</li> <li>• mula bandha (root lock)</li> <li>• maha bandha (internal lock)</li> </ul>
Assessment	Worksheet



<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand the structure and function of the skeletal system	1.1 Describe the basic functions of the skeleton 1.2 Name and locate the appendicular bones 1.3 Name and locate the axial bones 1.4 Explain the classification of bones 1.5 Explain the structure of a long bone 1.6 Explain the stages of bone growth 1.7 Describe posture in terms of: <ul style="list-style-type: none"> <li>• curves of the spine</li> <li>• neutral spine alignment</li> <li>• potential ranges of motion in the spine</li> </ul>
2. Understand the muscular system	2.1 Describe the basic structure of skeletal muscle 2.2 Name and locate the anterior muscles 2.3 Name and locate the posterior muscles 2.4 Describe the different types of muscle actions 2.5 Define joint 2.6 Define ligament 2.7 Define tendon 2.8 Identify the joint actions brought about by specific muscle groups
3. Understand the structure and function of the respiratory system	3.1 Identify the location of the lungs 3.2 Describe the function of the lungs 3.3 Describe the structure of the lungs 3.4 Identify the main muscles involved in breathing 3.5 Describe the passage of air through the respiratory tract 3.6 Describe the process of gaseous exchange within the lungs
4. Understand the structure and function of the circulatory system	4.1 Identify the location of the heart 4.2 Describe the function of the heart 4.3 Describe the structure of the heart 4.4 Describe how blood flows through the circulatory system 4.5 Describe the structure and function of blood vessels
5. Understand the nervous system	5.1 Describe the components of the nervous system 5.2 Describe the function of the nervous system
6. Understand the endocrine system	6.1 Describe the components of the endocrine system 6.2 Describe the function of the endocrine system
7. Understand the effect yoga has on the different body systems	7.1 Describe how yoga can benefit the skeletal system 7.2 Explain the importance of strength in yoga 7.3 Describe how yogic breathing can benefit regular breath control 7.4 Describe how yoga can benefit the cardiovascular system 7.5 Explain how yoga can support a healthy nervous system 7.6 Explain how yoga can support a healthy endocrine system
Assessment	Worksheet

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand breath awareness	1.1 Explain the importance of using the breath to enter and leave a posture 1.2 Explain how breath awareness and basic yoga breathing can be introduced to participants 1.3 Explain when breath awareness should be introduced to participants
2. Understand pranayama	2.1 Explain how pranayama can be introduced to participants 2.2 Explain when pranayama should be introduced to the participants 2.3 Describe pranayama techniques that can be taught to participants
3. Understand relaxation techniques	3.1 Explain how relaxation can be introduced to participants 3.2 Explain when relaxation techniques should be introduced to the participants 3.3 Describe relaxation techniques that can be taught to participants
4. Understand concentration and meditation techniques	4.1 Explain how concentration and meditation techniques can be introduced to participants 4.2 Explain when concentration and meditation techniques should be introduced to participants 4.3 Describe concentration and meditation techniques that can be taught to participants
5. Understand how to plan a yoga session	5.1 Explain the components of a yoga session, to include: <ul style="list-style-type: none"> <li>• initial relaxation</li> <li>• mobilisation</li> <li>• asana</li> <li>• counterpose</li> <li>• relaxation</li> <li>• breathing practice</li> <li>• meditation</li> </ul> 5.2 Explain the aspects which need to be in place to ensure the atmosphere and environment are appropriate for a yoga session, to include: <ul style="list-style-type: none"> <li>• temperature</li> <li>• lighting</li> <li>• noise levels</li> <li>• music</li> </ul> 5.3 Define the term 'aim' 5.4 Define the term 'objective'
6. Understand how to incorporate teaching aids within a yoga session	6.1 Describe the terms modification and adaptation (alternatives) 6.2 Describe how to use teaching aids to support participants in a yoga session 6.3 Describe how to modify and adapt a range of asana using teaching aids to include: <ul style="list-style-type: none"> <li>• blocks</li> <li>• bricks</li> <li>• straps</li> <li>• blankets</li> <li>• bolsters</li> <li>• eye masks</li> </ul>
7 Plan a series of progressive yoga sessions	7.1 Plan aims and objectives of each session 7.2 Describe a range of asana (see annex 1) including counter poses for each session 7.3 Plan basic breathing techniques for each session 7.4 Plan a pranayama practice for each session 7.5 Plan a relaxation practice for each session 7.6 Plan a meditation/concentration practice for each session 7.7 Outline the benefits of each asana / practice 7.8 Detail the modifications / adaptations / alternatives available for each asana 7.9 Detail the resources / teaching aids needed for each session 7.10 Plan evaluation / review within the series of sessions

8 Understand how to set up a private yoga class	8.1 Describe how to set up a new yoga class to include: <ul style="list-style-type: none"><li>• market research (client group / type of class / specialist classes)</li><li>• venue options</li><li>• pricing options</li><li>• marketing / advertising</li></ul>
Assessment	Worksheet Ten week overview Two detailed session plans

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand different conditions that participants may have when they attend the yoga sessions	1.1 Describe the terms prohibition and precaution 1.2 Describe the common conditions participants may have when attending a yoga class <ul style="list-style-type: none"> <li>• stress</li> <li>• high / Low BP (identify BP classifications)</li> <li>• back problems (scoliosis, kyphosis, lordosis)</li> <li>• joint problems</li> <li>• pregnancy</li> </ul> 1.3 Describe in detail the implications of working with participants with common conditions 1.4 List the vulnerable areas of the body and explain how to ensure these are protected in a yoga session, to include: <ul style="list-style-type: none"> <li>• knees</li> <li>• lumbar vertebrae</li> <li>• cervical vertebrae</li> </ul> 1.5 Describe the types of medical conditions that will prevent yoga teachers from working with a participant unless they have specialist training and qualifications
2. Understand the importance of screening participants	2.1 Explain the importance of screening 2.2 Explain the importance of lifestyle analysis 2.3 Summarise the areas that need to be considered in a lifestyle analysis <ul style="list-style-type: none"> <li>• personal goals</li> <li>• lifestyle</li> <li>• medical history</li> <li>• physical activity history</li> <li>• physical activity likes and dislikes</li> <li>• motivation and barriers to participation</li> <li>• current fitness level</li> <li>• posture and alignment</li> <li>• functional ability</li> </ul> 2.4 Explain how to implement the PARQ or screening tool ( to include the Health commitment statement) 2.5 Explain what information a participant needs before participating in a yoga session 2.6 Explain the information that needs to be collected from a participant prior to a yoga session 2.7 Explain the legal and ethical implications of collecting client information, including confidentiality and data protection
3. Understand the health and safety aspects of teaching a yoga class	3.1 Describe the safety issues that could occur in a yoga session 3.2 Describe how to complete the five steps of risk assessment 3.3 Explain how to deal with emergencies in a class situation (private class and class in a fitness centre) 3.4 List the relevant health and safety legislation that should be considered in a yoga class 3.5 Outline the yoga teacher's responsibilities for health and safety of participants, to include: <ul style="list-style-type: none"> <li>• first aid qualification</li> <li>• insurance</li> <li>• risk assessment</li> <li>• screening</li> </ul> 3.6 Explain the licensing requirements for using music in a yoga class (PPL) 3.7 Describe the importance of professional registration for yoga teachers and outline the organisations responsible for this
Assessment	Worksheet

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Be able to teach breath awareness techniques to participants	1.1 Introduce the aims and objectives of the session 1.2 Give clear, detailed explanations to the participants 1.3 Demonstrate the breathing technique effectively 1.4 Provide feedback and instructional points which are timely, clear and motivating 1.5 End the session encouraging feedback and questions from participants
2. Be able to teach mudra techniques to participants	2.1 Introduce the aims and objectives of the session 2.2 Describe the mudra in detail 2.3 Demonstrate the mudra effectively 2.4 Give clear and accurate instructions to the participants 2.5 End the session, encouraging feedback from participants
3. Be able to teach bandha techniques to participants	3.1 Introduce the aims and objectives of the session 3.2 Describe the bandha in detail 3.3 Give clear and accurate instructions to the participants 3.4 End the session, encouraging feedback from participants
4. Be able to teach relaxation techniques to participants	4.1 Introduce aims and objectives of the session 4.2 Give clear, detailed explanations to the participants 4.3 Demonstrate the relaxation technique effectively 4.4 Provide feedback and instructional points which are timely, clear and motivating 4.5 End the session encouraging feedback and questions from participants
5. Be able to teach pranayama techniques to participants	5.1 Introduce aims and objectives of the session 5.2 Give clear, detailed explanations to the participants 5.3 Demonstrate the pranayama technique effectively 5.4 Provide feedback and instructional points which are timely, clear and motivating 5.5 End the session, encouraging feedback from participants
6. Be able to teach concentration and meditation techniques to participants	6.1 Introduce the aims and objectives of the session 6.2 Give clear, detailed explanations to the participants 6.3 Demonstrate the concentration and meditation techniques effectively 6.4 Provide feedback and instructional points which are timely, clear and motivating 6.5 End the session encouraging feedback and questions from participants
7. Be able to teach a range of asana in a structured yoga session	7.1 Start the session in a safe and appropriate manner, to ensure: <ul style="list-style-type: none"> <li>• participants are welcomed</li> <li>• participants are verbally screened</li> <li>• aims and objectives are explained</li> <li>• clothing is appropriate (teacher &amp; participants)</li> <li>• health and safety is addressed</li> <li>• a suitable atmosphere is created</li> </ul> 7.2 Provide clear instructions, explanations and demonstrations that are technically correct, safe and effective 7.3 Select safe and effective asana and counter pose 7.4 Demonstrate safe and effective asana and counter pose 7.5 Effectively project voice appropriate to the session (without the aid of artificial amplification) 7.6 Effectively use the in and out breath with each asana 7.7 Include the theory of yoga within the session 7.8 Include the use of Sanskrit asana names within the session 7.9 Teach appropriate relaxation activities 7.10 Teach appropriate breathing practice 7.11 Teach appropriate concentration / meditation practice 7.12 End the session with appropriate recovery activities

<p>8. Be able to improve the performance of participants</p>	<p>8.1 Adopt appropriate positions to observe participants and respond to their needs              8.2 Adapt verbal and non-verbal communication methods to make sure participants understand what is required              8.3 Use appropriate motivational styles that are consistent with accepted good practice              8.4 Analyse clients' performance, providing positive reinforcement throughout              8.5 Use appropriate methods to correct and reinforce technique, to include:</p> <ul style="list-style-type: none"> <li>• tactile cueing</li> <li>• changing teaching positions</li> <li>• asking questions</li> <li>• verbal and visual communication</li> <li>• mirroring</li> </ul> <p>8.6 Provide feedback and instructional points which are timely, clear and motivational              8.7 Adapt asana with suitable progressions and regressions according to participants' needs and use teaching aids where necessary              8.8 Provide alternatives to the planned asana if participants cannot take part</p>
<p>9. Be able to self-evaluate and reflect on the teaching of a yoga session</p>	<p>9.1 Review the outcomes of working with participants including their feedback              9.2 Identify how well the sessions met the session's aims and objectives              9.3 Identify how effective and motivational the relationship with the participants was              9.4 Identify how well the teaching styles matched the participants' needs              9.5 Explain the value of reflective practice</p>
<p>10. Be able to undertake personal yoga practice</p>	<p>10.1 Undertake a personal yoga practice              10.2 Record their personal yoga practice              10.3 Reflect on their personal yoga practice</p>
<p>11. Be able to plan a personal development programme</p>	<p>11.1 Identify personal development activities              11.2 Complete and update a personal development plan to include:</p> <ul style="list-style-type: none"> <li>• short term goals</li> <li>• medium term goals</li> <li>• long term goals</li> </ul>
<p>Assessment</p>	<p>Formative observations              Summative observation              Self-evaluation              Personal development plan              Personal practice and reflection diary</p>

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