



500 hour
DIPLOMA AWARD PACK

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The 500 hour Diploma Scheme

To provide an additional top-up to the FRYOG 200 hour Teaching Diploma or similar as a way to formalise yoga study hours and yoga teaching experience that a Yoga Teacher accumulates after initial graduation. This is a 300hr course has more in-depth training in classroom skills and adaptations of asanas. It is open to any FRYOG teacher with a 200 hour diploma

The scheme covers the whole range of yoga – physical, mental, ethical, philosophical and spiritual. The Diploma is **not** awarded for any one aspect of Yoga. It covers **comprehensive and holistic yoga**.

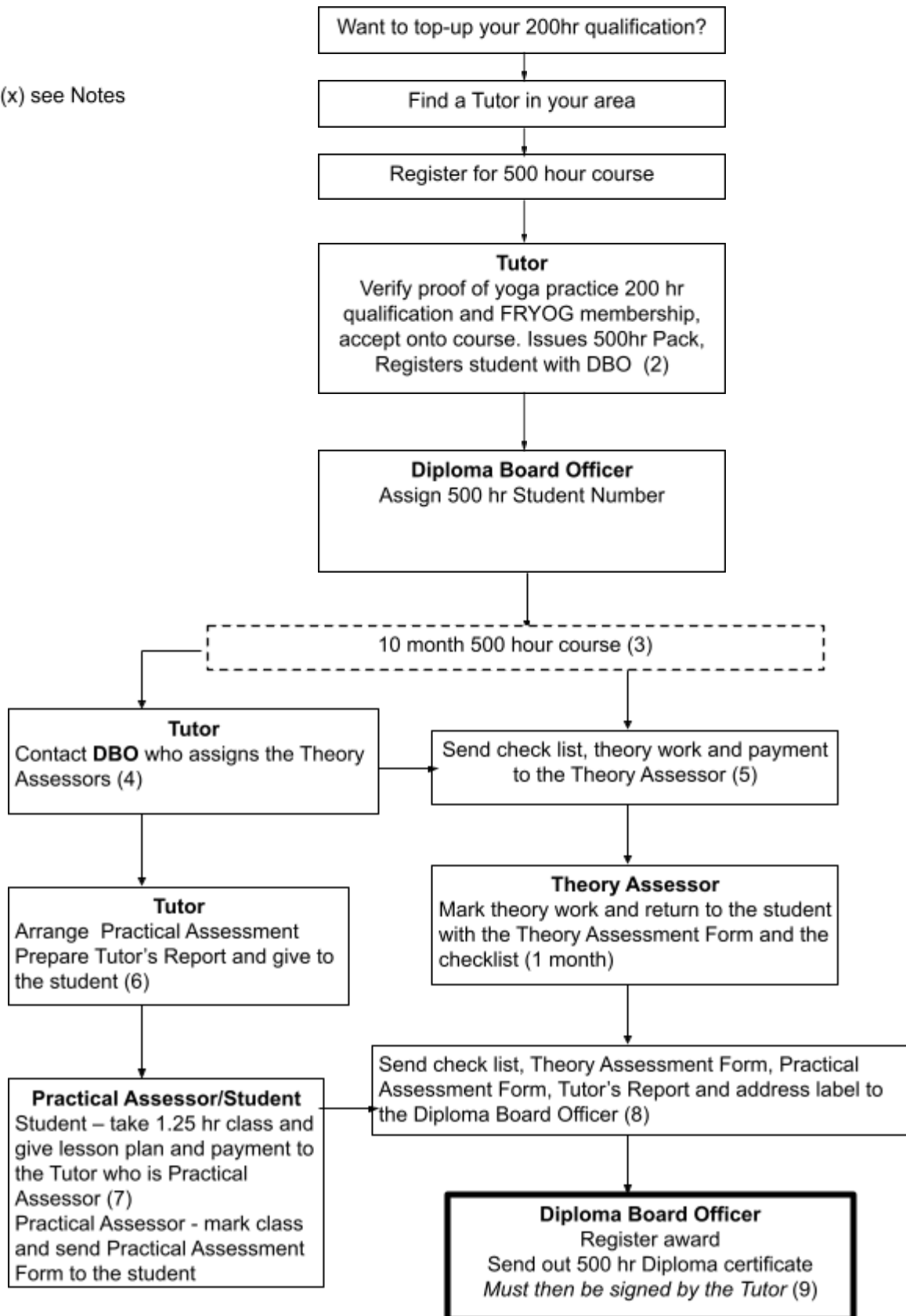
The 500 hour teacher training is provided through special courses run by approved FRYOG tutors. The tutors are located around the country and attendance on a course may involve some travelling. Typically courses are held at weekends.

The 500 hour Diploma is awarded at the discretion of the Diploma Board Officer based on successful completion of the theory and practical assessments and a satisfactory report from the teacher training course tutor.

There are a number of prerequisites that must be met before a student can begin on a 500 hour teacher training course. Please see the following diagram and diploma scheme notes.

500 hour Diploma Award Process

(x) see Notes



500 hour **Diploma Scheme Notes**

Please read carefully and keep in a safe place, as you will need to refer to these instructions later in your course.

1. Before a student can begin a 500 hour teacher training course they should hold a 200 hour qualification (to be verified by tutor), regular attendance at a yoga class for a minimum of three years under a suitably qualified yoga teacher is essential. They should also have been teaching regularly (at least one class per week) since completing their 200 hr certificate.
2. When the tutor accepts you onto the course they will send your name and address to the Diploma Board Officer requesting a 500 hour Diploma pack for you. Your Tutor will send this to you.
3. The duration of the teacher 500 hour diploma course is **10 training days taken over a 12 month period**. The Theory and Practical assessments take place at the end of the course and must be completed within that period.
4. At the end of the course, the tutor contacts the Diploma Board Officer who assigns the Theory . The tutor will inform the students. The Tutor will take the final Practical Assessment either in the student's own class or at a group assessment. The students do not normally need to contact the DBO individually at this stage.
5. When all the theory work is complete, use Royal Mail Special Delivery to send the following to the Theory Assessor allocated to you:
 - Check list
 - Theory work
 - Cheque (see Fees) made payable to the Theory Assessor
 - Special Delivery envelope (self-addressed with correct postage affixed) for return of work

It is strongly recommended that you keep a paper copy of the work you have submitted, in case of loss or queries. The Theory Assessor will mark the work and return it to the student with a completed Theory Assessment Form, within one month.

You must submit the theory work before doing the practical assessment.

6. The tutor will arrange for the practical assessment to be carried out. Usually a group of students from a course will be ready at the same time and a 'block assessment' is arranged. A minimum of 1.25 hours should be dedicated to each assessment, plus a 15 minute viva. Peers can be used as class members if necessary.

The tutor will prepare a report on the student's punctuality, reliability, general demeanour and the regular monthly submission of theory work for marking. The tutor will give the report to the student.

500 hour Diploma Scheme Notes

7. Before the practical assessment the student will supply the Tutor with a copy of the lesson plan and any teaching notes. The fee (see Fees) will be paid to the Practical Assessor on the day. The Practical Assessor will assess the practical work and send the completed Practical Assessment Form to the student.

The grades awarded for the theory and practical assessments are either 'PASS' or 'REFERRAL'. In the case of a referral for the theory work, errors or omissions can be corrected and the work resubmitted. The student has 3 months to complete this work. After re-submission to the same assessor the work will be marked and returned within one month. In the case of a referral for the practical assessment a further assessment must be arranged. Fees must be paid again.

8. Within 3 months of passing the Practical and Theory assessments, each student must apply individually to the Diploma Board Officer for the final award. Students failing to meet this deadline must re-take the Practical assessment. Only students who have been issued with a certificate and registered as 500 hour Diploma graduates by the DBO are qualified to teach at this level.

To apply for a 500 hour diploma certificate, **copies of** the following must be sent to the Diploma Board Officer (by ordinary 1st or 2nd class 'letter' or 'large letter' post, depending on the size and weight of the envelope);

- Completed check list
 - Photocopy of Theory Assessment Form
 - Photocopy of Practical Assessment Form
 - Photocopy of Tutor's Report
 - Self-addressed sticky label
9. The Diploma Board Officer registers the award and sends out the Diploma certificate to the student teacher by 2nd class post. To be valid the Diploma certificate must then be co-signed by the Tutor.

NB. The award of this Diploma entitles you to teach yoga using the initials Dip.FRYOG (which should appear on all your yoga teaching literature and advertising) provided that you (a) maintain your FRYOG membership from year to year and (b) attend one FRYOG Professional Development day each year. These conditions apply whether or not you are actually teaching at the time.

The 500 hour Diploma Scheme - Fees and Expenses

FRYOG Fees

Membership of FRYOG	£20 per annum £20 if overseas
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Membership subscriptions from new members taken out in November & December will cover the following year.

Practical Assessment Fee	£35
Theory Assessment Fee	£55
Diploma Award Fee	£20

Plus postage for submission and return of theory work.

In the case of students failing to complete the course or withdrawing from the assessment, fees are not refundable.

Other Expenses

Cost of 500 hour teacher training course (contact your Tutor)

Attendance at a weekend (Friday to Sunday or similar) Residential Yoga Retreat either FRYOG organised or approved by your tutor.

Purchase of mandatory/recommended set books
Other workshops/events
Regular yoga classes with a FRYOG (approved) teacher

Annual FRYOG membership subscription (both during the course and after graduation)

Annual FRYOG Professional Development Day (after graduation)
Annual Professional Insurance

One-off payment in order to be included on FRYOG website Register of Teachers (optional)

Annual Yoga Alliance (RYT®) registration (optional)

The 500 hour Diploma Scheme – Check List

STUDENT

Title: _____ Family Name: _____

First Name: _____ FRYOG Membership No: _____

Name as you would like it on your diploma: _____

Address: _____

Postcode: _____

Email Address: _____

Telephone Numbers:

Home: _____ Work: _____ Mobile: _____

STUDENT NUMBER:	THEORY ASSESSOR:	TUTOR/PRACTICAL ASSESSOR:
Requirements for Entry onto 500 hr Diploma Programme		
Regular attendance at yoga classes for at least three years and teaching classes regularly at least once per week		
Hold a valid 200 hour Yoga Teacher qualification to be verified by Tutor		
Membership of FRYOG (annual subscription)		
Hold a valid teaching insurance - to be verified by Tutor		
Requirements for Submission of Theory Work		
<i>Copies of the following must be completed and submitted to the assigned Theory Assessor</i>		
Check list		
Theory work		
Cheque (see Fees) made payable to the Theory Assessor		
Special Delivery envelope (self-addressed with correct postage affixed) for return of work		
Requirements for the Practical Assessment		
<i>All Theory work must be completed and submitted before the Practical Assessment.</i>		
<i>The Tutor arranges the date and time of the assessment with the Student.</i>		
<i>The following must be completed and submitted to the Tutor for Practical Assessment</i>		
A copy of the lesson plan (1.25hrs duration) and any teaching notes		
The fee (see Fees) to be paid on the day.		
Requirements for the Final Diploma Award		
<i>The following items must be sent to the Diploma Board Officer to apply for the final diploma award :</i>		

This completed check list	
Photocopy of Theory Assessment Report	
Photocopy of Practical Assessment Report Form	
Photocopy of Tutor's Report	
Self-addressed sticky label (envelope and postage NOT required)	
ENSURE YOUR CERTIFICATE IS SIGNED BY YOUR TUTOR	

Book List

Recommended Reading

Author	Anodea Judith
Title	Eastern Body Western Mind
ISBN	978-1-58761-225-1
Publisher	Celestial Arts

Author	Blakey, Paul
Title	The Muscle Book
ISBN	1-873017-00-6
Publisher	Bibliotek Books, 19, Warwick Road, Stafford ST17 4PD

Author	Carole Kerton
Title	Yoga Prescribed, Home from Om & Yoga Poses Questions
ISBN	978-1-909900-096, 978-1-909900-07-03, 978-1-909900-10-3
Publisher	Marvelous Books available from Amazon

Author	Coulter, H. David
Title	Anatomy of Hatha Yoga
ISBN	0-9707006-0-1
Publisher	Honesdale, PA, USA

Author	Dahlke, Ruediger
Title	Mandalas for Meditation
ISBN	0-8069-2519-1
Publisher	Sterling Publishers, New York

Author	Fontana, David
Title	Learn to Meditate
ISBN	1-900131-91-9
Publisher	Duncan Baird Publishers

Author	Fontana, David
Title	The Secret Language of Symbols
ISBN	0-7499-1756-3
Publisher	Piatkus

Author	Feuerstein, Georg
Title	The Encyclopedic Dictionary of Yoga
ISBN	0-04-440734-3
Publisher	Unwin Paperbacks, Yoga Reference

Author	Hately Aldous, Susi
Title	Anatomy and Asana: Preventing Yoga Injuries
ISBN	0-9736485-0-3
Publisher	Functional Synergy Press

Author	Hewitt, James *
Title	The Complete Yoga Book
ISBN	0-09-153221-3
Publisher	Rider

Author	Kaminoff, Leslie
Title	Yoga Anatomy
ISBN	13: 978-0-7360-6278-7
Publisher	Human Kinetics

Author	Mascaro, Juan *
Title	The Bhagavad Gita
ISBN	0 1404 4121 2

Publisher	Penguin Books
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Author	Mascaro, Juan *
Title	The Upanishads
ISBN	0 14 04.4163 8
Publisher	Penguin Books

Author	Muktibodhananda, Swami
Title	Hatha Yoga Pradipika
ISBN	81-85787-38-7
Publisher	Yoga Publications Trust, Munger, Bihar, India

Author	Prabhavananda, Swami and Isherwood, Christopher *
Title	How to Know God: The Yoga Aphorisms of Patanjali (translators)
ISBN	0 87481 041 8
Publisher	Vedanta Press, 1983

Author	Satyananda Saraswati, Swami*
Title	Asana, Pranayama, Mudra, Bandha
ISBN	81-86336-04-4
Publisher	Bihar, School of Yoga, Munger, Bihar, India

Books marked with * must be used.

Your tutor may recommend substitute books and/or additional books.

Diploma Theory Questions

Guidelines

- Answers may be handwritten or typed, but must be **legible** and in essay rather than note form.
 - Word limits are in brackets. These are the maximum or a range.
 - The question and the question number must be included at the start of each answer.
 - When all the answers are completed, number **all** the pages of the finished work consecutively.
 - Leave enough space for the assessor to add comments (or include blank sheets of paper).
 - Diagrams **must** be included where indicated.
 - The theory work **must** be completed and handed in prior to taking the practical assessment.
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1. Yoga is a way of life – discuss (2000 words)
2. Show a working knowledge including in-depth Functional Anatomy of the physical, mental, emotional, spiritual and therapeutic benefits of Yoga. Relate these to:
 - a) Different groups of postures such as seated, standing, balancing, twisting, inverted, etc., giving one example of each (1000 words)
 - b) Breathing with reference to Pranayama (1000 words)
 - c) Relaxation with attention to its effects on stress and anxiety (1000 words)
 - d) Concentration and Meditation (1000 words)
3. Describe as a “one-to-one” study how you would adapt a Yoga Programme for the individual who attends regular yoga classes and is
 - i. Post/ante natal
 - ii. Referred by Doctor, Osteopath /Chiropractor or any healthcare provider due to a ‘common’ back problem. Please include in your answer how you would keep client confidentiality and apply the Data Protection Act to your records (2000 words)
4. Choose a yoga book (classical or modern) to review **or** an in-depth research article of your own choice. (2000 words)

The Teacher Training Syllabus

In the training for the 500 hour International Diploma of the Friends of Yoga Society International (FRYOG), students should study the following subjects :-

Physical Preparation

- In-depth study of more advanced Asanas and their benefits and contraindications
- Teaching Sequences of postures
- The nature, use and control of pranic energy
- Advanced Pranayama techniques
- Techniques for Relaxation

Yoga Teaching Methods

- Aims of teaching
- Class management with teacher forum for Q&A
- Adaptation of teaching methods for particular needs
- Teacher/student relationship
- The importance of voice projection
- Class administration

Mental Aspect

- The nature of the mind
- Sense withdrawal
- Concentration
- Meditation
- The benefits of yoga for the mind

Philosophical

- Yoga philosophy and its therapeutic value

Literature

In depth study of

- Modern and Classical works on all aspects of yoga

As well as attendance at a FRYOG organised or other weekend Retreat Fri-Sun

Examination

- Theory Assessment
- Practical Assessment
- Tutor's Report