

YIHA PCI-Accredited Yoga4Health Teacher Training

On Zoom 4/5th March and 11/12th March 2024 (4 course days 9am-5.15pm + 25 hours of pre-course learning)

Pre-Course Information

YIHA offers a 60-hour Personalised Care Institute (PCI) accredited Yoga4Health Teaching qualification which enables experienced yoga teachers and health professionals who are yoga teachers to deliver the Yoga4Health 10-week social prescribing programme to NHS patients. The PCI was set up by the Royal College of GPs and NHS Improvement to accredit qualifications in universal personalised care and social prescribing. The Yoga4Health programme was originally commissioned in 2016 by West London Clinical Commissioning Group as an early intervention/prevention programme for patients at risk of chronic disease who need support to make lifestyle changes and learn self-care skills. Yoga4Health is therefore part of the lifestyle medicine movement.

As of June 2023, YIHA has also received accreditation from the Royal College of GPs for two 6-week Yoga4NHS Staff Wellbeing courses based on the Yoga4Health protocol. This qualification also entitles you to deliver that course after a further 4 hours of study (half day).

Upon completion of this course, you will join a national and international network of over 475 Yoga4Health teachers and continue to be fully supported with resources, and networking and training events by YIHA. We ask all our teachers to become YIHA Teacher Members at a cost of £50 per year, which supports the work of the charity to bring yoga into healthcare and pays for staff time to support the Yoga4Health teaching community. Membership benefits include a welcome magazine from YIHA and ongoing discounts on YIHA events. You will be fully supported by YIHA and its policy and practice framework and will be able to email, call, or Zoom for advice on running Yoga4Health courses on an ongoing basis. We will offer you rich resources to run your courses, and regular teacher meetings on Zoom. You should expect to make £1,000.00 for each 10-week course you run, and you are free to keep 100% of the income you earn. As well as maintaining your Teaching Membership, we also ask you to consider taking out your yoga insurance via our partnership with Markel, which enables the YIHA charity to ear referral fees.

In June 2022 Paul Fox and Heather Mason published the definitive guide to the Yoga4Health protocol and the case for integrating yoga into healthcare. **This is a required coursebook for the YIHA training and is good preparation for the course.**

https://smile.amazon.co.uk/Yoga-Prescription-Yoga4Health-Prescribing-Protocol/dp/178775975X/ref=sr_1_1?crid=22SQY9RSANVGT&keywords=yoga+on+prescription+by+paul+fox+and+heather+mason&qid=1655996868&sprefix=%2Caps%2C170&sr=8-1

If you have not already watched this short video about becoming a Yoga4Health teacher, please do so.

[\(2\) Yoga4Health Training Pre Course Video - YouTube](#)

Yoga4Health teachers are required to hold a current First Aid certificate (or equivalent), public liability insurance of at least one million pounds cover, Adult Safeguarding training (free course link via YIHA) and hold Disclosure and Barring Service (DBS) certification (guidance can be given on this). You will also be expected to maintain teacher membership of YIHA at a cost of £50 per year, which covers the cost of the charity providing ongoing support, regular teacher meetings, and several thousand pounds a year spent on maintaining accreditation for the Yoga4Health and Yoga4NHS programmes.

Course Hours

The 60 hours of this qualification is made up of: pre-course learning (25 hours), 4-days on-programme training (32 hours), and an assessment day (3 hours). Courses are delivered via Zoom using multi-media

presentation, breakout rooms and student interactivity. Full tutor support is offered before, during and after the course.

Course Fees

The course fees are £775. There is an additional assessment fee of £40 payable **after** the course days directly to the assessor who observes your assessed teaching practice (see assessment section below). On each course we have a number of bursaries for those facing hardship. The bursary amounts to £250.00 off tuition fees. If you believe you are in hardship, please email Paul Fox at contactyoga4health@gmail.com for a bursary application form. Please note:

- You are required to pay a non-refundable deposit of £250 to secure your place on the course.
- All outstanding course fees must be paid two weeks before the course commences, ie by Monday 26th February 2024.
- Payments of tuition fees may be staged over 3 months into three payments of £250 deposit, followed by two further payments of £275.
- The deposit and all course fees, once paid, are non-refundable. If a student cannot attend due to ill health or significant family event, YIHA will offer to defer the course place to the next intake.
- If you pay all your tuition fees in one go at least a month before the course commences, you will receive a £25 discount, reducing fees to £750.
- All students will be sent a training agreement/contract setting out expectations on both sides.

Tuition Fees can be paid by bank transfer to **YIHA Training Ltd. We have a Cashplus/APS Financial Account. Account Number: 00970549. Sort code: 08-71-99**

PLEASE ONLY TRANSFER THE TUITION FEES OF £775 (£525 BURSARY RATE) TO THIS ACCOUNT. YOU WILL PAY THE £40 ASSESSMENT FEE DIRECTLY TO YOUR ASSESSOR WHEN YOUR ASSESSED CLASS TEACHING TAKES PLACE AFTER THE TRAINING DAYS.

Please note that the account may show up during the transfer as APS Financial Ltd, which is the company that runs the Cashplus bank. The money will still go into the YIHA Training Ltd account.

Alternatively, YIHA Training Limited can issue you with a PayPal invoice. We will incur fees for this route so bank transfer is our preferred option, but you may choose either. Payments from outside the UK are all done via PayPal invoice.

Professional development courses like this are often a tax-deductible expense. We will issue receipts for your tuition fees. Your assessor will also issue a receipt. Please add your name as a reference on any bank transfer and/or email if you are using a payee account that will not be easily matched to your name.

Pre-Course Tasks

Once you have been offered a place and paid the tuition fee deposit, we will send you a full course programme manual about the teacher training, and one guiding you on the content and delivery of the protocol. There is also a patient manual you will access when you begin pre-course learning. Please set up a free Box.com cloud storage account <https://www.box.com/personal> We will then send you an invitation to add the YIHA Graduate Folder to your account so that you can access all course and ongoing resources.

Task 1: Half Day of Pre-Course Learning Online

This course introduces yoga in healthcare, the content of the programme, the Westminster evaluation results and the benefits of Yoga4Health in terms of autonomic regulation. We will send you details about how to access this course after you have confirmed your place on the course.

Task 2: Doing the 10 classes which comprise the protocol

This can be done over the pre-course period, not necessarily over 10 weeks. This helps you to see the structure and flow of the classes and to grasp the content of the programme. The 10 classes are available on our YouTube channel <https://www.youtube.com/channel/UCrJeyLDFvMxZwGD-qVtu3w> YouTube interrupts the videos to play ads which is annoying. You can avoid this by taking a free 30-day ad-free YouTube subscription and then cancelling the service before 30 days are up. We may switch the videos to a different platform to avoid this problem.

Task 3: Read Yoga on Prescription by Paul Fox and Heather Mason

Task 4: Read YIHA policies and procedures via this link:

<https://app.box.com/s/uk0pjudn8i451h0tufvzpj5z5qnoqp5>

Course Days

It is mandatory as part of PCI accreditation that you do not miss more than 3 hours of this course. Ideally, we expect 100% attendance. Course hours are 9am to 5.15pm British time, with lunch usually from 1-1.45pm. There will be a morning and afternoon break, and a variety of multi-media content, along with breakout rooms and learning sets for interactive learning.

Assessment

At the end of day 4 you will be sent a link to a multiple-choice exam. After that you will also be required to deliver a 55-minute condensed Yoga4Health class alongside two other course members, taking it in turns to be the teacher or the student. You will be put into groups of 3 and will agree with the assessor when this 3-hour assessment on Zoom will take place. Following successful completion of both assessments, you will be sent two course evaluation online forms, one from YIHA about the training and one from the Personalised Care Institute about your Yoga4Health PCI-accredited 60-hour course. Once you have completed your PCI evaluation you will be able to download your Yoga4Health PCI certificate which, once sent to our Training and Accreditation Officer, Amanda-Jayne Crompton, will entitle you to a second certificate for this qualification from YIHA.

We welcome a growing number of overseas students onto this course and support them to bring yoga as social prescribing, and yoga for healthcare staff, into their own countries.

If you would like to see what previous trainees think about the course, follow this link to a 4-minute video (sorry for slightly low sound levels)

<https://www.youtube.com/watch?v=bDrFeHchWug>

In the most recent Yoga4Health training course in 2023, 100% of our trainees said they would recommend the course to other yoga teachers: -

- What I really liked about this course is where it has positioned yoga professionally. There is an open and honest expectation of yoga teachers who wish to be part of teaching the Yoga4Health through well-established policies and practices. I loved the way the course has been designed & delivered and so embedded in research. I found the delivery of the course well-paced-there was a good variety of teachers and expertise. I feel honoured to have been able to take this course.

- An extremely well organised and well run course - probably one of the best courses I have taken. Its a while now since I did the training but I really enjoyed the micro-teaching sessions and there was a lot of effort to balance the considerable course content with discussion and participation
- Thank you Paul, Amanda & Heather. I found the course and YIHAs work to be inspirational. I feel YIHA has established a clear professional framework from which to work within. I recognise the huge amount of work that has gone into designing the protocol and I am very grateful for your generosity in sharing the work, your experiences and expertise.

Healthcare systems in Britain and around the world are under pressure due to an epidemic of lifestyle-related diseases which are the leading cause of death worldwide. The child and adult obesity crisis means that cardio-vascular disease and Type 2 diabetes rates continue to rise. Yoga4Health provides a practical way to address the problem of Non-Communicable Diseases (NCDs) by promoting self-care, patient activation and motivation, and health and wellbeing through a personalised yoga toolkit. By teaching this programme you will be directly helping patients, but also helping to reduce demand on healthcare services by and thereby contributing to their sustainability. The Yoga In Healthcare Alliance charity is aligned with the College of Medicine and Integrated Health, and with the British Society of Lifestyle Medicine. YIHA is also the Secretariat for the All-Party Parliamentary Group on Yoga in Society, which seeks to integrate the benefits of evidence-based yoga into healthcare, education, prisons, and the workplace. We hold high-level policy and research meetings at Westminster which many of our Yoga4Health teachers attend.

By doing this training, you are also joining a movement to integrate yoga into society for the greater good.

Regards

Paul Fox

YIHA CEO & Yoga4Health Co-ordinator

07782 413146

Contactyoga4health@gmail.com

www.yogainhealthcarealliance.com