



## FREQUENTLY ASKED QUESTIONS

### Is there a National Governing Body of Yoga in the UK?

Yes. For England, Wales and Great Britain/United Kingdom, The British Wheel of Yoga has been the recognised National Governing Body (NGB) of Yoga since 1995. Yoga Scotland is the recognised NGB for Scotland and for Northern Ireland the NGB is the Yoga Fellowship of Northern Ireland. See [https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/2025-03/Recognition%20Master%20List%20-%20January%202025.xlsx?VersionId=MH4ufQxuJUAql4t..BI0Sp6XS2t3\\_ccC](https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/2025-03/Recognition%20Master%20List%20-%20January%202025.xlsx?VersionId=MH4ufQxuJUAql4t..BI0Sp6XS2t3_ccC)

### Is there a Regulatory Authority for vocational/occupational qualifications?

Yes. For England, this is The Office of Qualifications and Examinations Regulation (OFQUAL), for Wales this is Qualifications Wales (QW), for Scotland this is The Scottish Qualifications Authority (SQA) and in Northern Ireland, both CCEA Regulation and Ofqual play a role in regulating vocational education and training. Ofqual-regulated qualifications are widely accepted in Wales, Scotland, and Northern England.

### Is there an Ofqual-recognised Awarding Organisation that focuses solely on yoga and mind-body wellness qualifications?

Yes. In 2010, the National Governing Body of Yoga established the separate Awarding Organisation 'The British Wheel of Yoga Qualifications' (BWYQ) as an independent company and registered charity that recognises multiple training centres that have qualified tutors, assessors, and internal quality assurers (IQAs) in place. Currently, BWYQ has four Level 4 qualifications on the Ofqual register and four Level 3 qualifications on the Ofqual register – [www.bwyq.org.uk](http://www.bwyq.org.uk). Mindbody Wellness is a BWYQ-recognised centre approved to deliver BWYQ's qualifications.

### Does Mindbody Wellness have its own Internal Quality Assurance (IQA) system?

Yes. There are two qualified IQAs working with Mindbody Wellness Training.

### Who does the External Quality Assurance (EQA) of BWYQ's recognised centres?

There are four qualified EQAs at BWYQ who oversee and monitor the IQA systems at the recognised centres to ensure that each centre is consistently marking to the standard required. This protects the integrity of the regulated qualifications. From time to time, Ofqual may audit Awarding Organisations to ensure consistency amongst awarding organisations.

### Are there formal ways to compare Mindbody Wellness with other training providers?

Yes, you can –

- check to see if a training provider is listed on the UK Register of Learning Providers – go to [UKRLP.co.uk](http://UKRLP.co.uk), put in the name of the centre and see if it is registered.

**THE UK PROVIDER REFERENCE NUMBER FOR MINDBODY WELLNESS TRAINING IS UKPRN 10094813**

- check [UCAS.com](http://UCAS.com) to see if training provider's choice of qualification gains UCAS Tariff Points as formal acknowledgement of study that counts towards admittance to Higher Education. You can see on row 1543 of <https://www.ucas.com/media/150501/download> under Tariff Points tab that --

**THE BWYQ L3 TECHNICAL SPECIALIST IN TEACHING YOGA GAINS 16 UCAS POINTS**

**THE BWYQ ADDITIONAL SPECIALIST QUALIFICATIONS IN ANTENATAL YOGA, POST-NATAL YOGA, MINDBODY EXERCISES FOR OLDER ADULTS GAIN 8 UCAS POINTS EACH**

- check <https://skillsengland.education.gov.uk/qualifications/qualification-finder/> by typing in ‘yoga teacher’ in the Keywords space to see if the yoga teaching qualification is approved as meeting the occupational standards to move directly into skilled employment or further study.

**THE BWYQ L3 TECHNICAL SPECIALIST IN TEACHING YOGA IS APPROVED BY SKILLS ENGLAND FOR MEETING THE OCCUPATIONAL STANDARDS**

**THE BWYQ ADDITIONAL SPECIALIST QUALIFICATIONS IN ANTENATAL YOGA, POST-NATAL YOGA AND MINDBODY EXERCISES FOR OLDER ADULTS ARE APPROVED BY SKILLS ENGLAND FOR MEETING THE OCCUPATIONAL STANDARDS**

- see DfE Approved qualifications: <https://www.qualifications.education.gov.uk/Home/Downloads>

**THE BWYQ L3 TECHNICAL SPECIALIST IN TEACHING YOGA IS APPROVED BY THE DEPARTMENT FOR EDUCATION FOR LEVEL 3 LEGAL ENTITLEMENT AND ADVANCED LEARNER LOANS THROUGH 31 JULY 2028**

**BWYQ ADDITIONAL SPECIALIST QUALIFICATIONS IN ANTENATAL YOGA, POST-NATAL YOGA AND MINDBODY EXERCISES FOR OLDER ADULTS DEPARTMENT FOR EDUCATION APPROVAL FOR LEVEL 3 LEGAL ENTITLEMENT THROUGH 31 JULY 2028**

- confirm the number of actual Guided Learning Hours (GLH), which means *synchronous* time where the lecturer, supervisor, tutor or other appropriate provider of education or training is in the learning space (online or in-person) with you. This includes the activity of assessment if it takes place under the immediate guidance or supervision of a lecturer, supervisor, tutor or other appropriate provider of education or training. Home study including reading, watching videos, doing e-learning, completing assignments and teaching members of the public without supervision contribute to the Total Qualification Time, but are not part of Guided Learning Hours.

**MINDBODY WELLNESS LEVEL 3 TEACHER TRAINING COURSE HAS 175 GUIDED LEARNING HOURS (GLH) OUT OF 320 HOURS TOTAL QUALIFICATION TIME**

## **What is the difference between ‘credits’ and ‘hours’?**

Traditionally, accreditation in the UK has used a ‘credit’ system, which is one ‘credit’ for every 10 hours of Total Qualification Time, so 32 credits represent 320 hours, 50 credits represent 500 hours. Educational credits earned from prior learning, whether certified or experiential, can be recognised and potentially transferred or used as part of a vocational education program in the UK through a process called Recognition of Prior Learning (RPL). RPL allows individuals to gain academic credit towards a qualification by demonstrating that they have already achieved the required learning outcomes through previous studies, work experience, or other relevant activities.

## **What is meant by the ‘level’ indicated in the title of a regulated qualification?**

The regulatory authorities in different nations require awarding organisations to assign a level to each qualification. The level descriptors for each qualification build on those used by national frameworks so that comparisons and equivalency decisions can be made across national boundaries. **See Appendix A**

Level descriptors set out the generic knowledge and skills associated with the typical holder of a qualification at that level. The level descriptors are framed as outcomes, and each category starts with a stem statement (“the holder can...”) which then links into the outcomes associated with each level of the framework. Mindbody Wellness currently delivers training for qualifications at levels 3 and 4. **See Appendix B**

## **Are Ofqual-regulated qualifications widely accepted in Europe?**

Yes. Mindbody Wellness delivers training for Ofqual-regulated BWYQ qualifications which are accepted in Europe.

If you plan to teach in Europe, you can check the equivalency and recognition of UK qualifications under the Qualifications Framework tab here: <https://www.enic-naric.net/page-United-Kingdom>.

## Appendix A

Main stages of education/employment	Framework for Higher Education Qualifications in England, Wales, Northern Ireland, and OFS sector-recognised standards for England (SRS) www.qaa.ac.uk www.officeforstudents.org.uk	Regulated Qualifications Framework for England and Northern Ireland register.ofqual.gov.uk	Credit and Qualifications Framework for Wales www.qualifications.wales www.gov.wales/cqfw	National Framework of Qualifications for Ireland www.qan.ie	Scottish Credit and Qualifications Framework www.scf.org.uk
Qualifications can be taken at any age in order to continue or return to education or training	LEVEL	LEVEL	LEVEL	LEVEL	LEVEL
Professional or postgraduate education, research or employment	8 Doctoral Degree	8 Vocational, Technical and Professional Qualifications	8 Doctoral Degree, Vocational Qualifications	10 Doctoral Degree: Higher Doctorate	12 Doctoral Degree, Professional Apprenticeship, Professional Development Award (PDA), Award
Higher education	7 Master's Degree: Integrated Master's Degree, Postgraduate Diploma, Postgraduate Certificate in Education (PGCE), Postgraduate Certificate	7 Vocational, Technical and Professional Qualifications	7 Master's Degree, Vocational Qualifications, Postgraduate Certificate in Education (PGCE)	9 Master's Degree, Postgraduate Diploma	11 Master's Degree, Integrated Master's Degree, Postgraduate Diploma, Postgraduate Certificate, Professional Apprenticeship, Graduate Apprenticeship, PDA, SVQ, Award
Advanced Skills Training	6 Bachelor's Degree with Honours, Bachelor's Degree, Level 6 PGCE certificates, Graduate Diploma, Graduate Certificate	6 Vocational, Technical and Professional Qualifications	6 Honours Degree, Vocational Qualifications, Professional Certificate in Education	8 Honours Bachelor Degree, Higher Diploma	10 Bachelor's Degree with Honours, Graduate Diploma, Graduate Certificate, Professional Apprenticeship, Graduate Apprenticeship, PDA, SVQ, Award
Entry to professional graduate employment	5 Foundation Degree, Diploma of Higher Education (DipHE), Higher National Diploma (HND)	5 Vocational, Technical and Professional Qualifications, Higher National Diploma (HND)	5 Foundation Degree, Vocational Qualifications, Higher National Diploma (HND)	7 Ordinary Bachelor Degree	9 Bachelor's/Ordinary Degree, Graduate Diploma, Graduate Certificate, Graduate Apprenticeship, Technical Apprenticeship, PDA, SVQ, Award
Specialised education and training	4 Higher National Certificate (HNC), Certificate of Higher Education (CertHE)	4 Vocational, Technical and Professional Qualifications, Higher National Certificate (HNC)	4 Higher National Certificate (HNC), Certificate of Higher Education (CertHE), Vocational Qualifications	6 Advanced Certificate, Higher Certificate	8 Higher National Diploma (HND), Diploma of Higher Education (DipHE), Technical Apprenticeship, Higher Apprenticeship, PDA, SVQ, Award
Qualified/Skilled worker	3 Technical Level Qualification Access to HE Diploma*	3 Vocational, Technical and Professional Qualifications, GCE AS and A Level	3 Advanced Skills Baccalaureate Wales, Vocational Qualifications, AS and A Level, Access to HE	5 Level 5 Certificate, Leaving Certificate	7 Higher National Certificate (HNC), Certificate of Higher Education (CertHE), Modern Apprenticeship, PDA, SVQ, Scottish Baccalaureate, Advanced Higher, Award
Entry to higher education					6 Higher, Modern Apprenticeship, Foundation Apprenticeship, National Progression Award (NPA), National Certificate, PDA, SVQ, Award
Completion of secondary education					
Progression to skilled employment		2 Vocational & Technical Qualifications, GCSE at grade A*-C and grade 9-4, Functional Skills (England), Essential Skills Qualification (NI)	2 Welsh Baccalaureate National SCC, Vocational Qualifications, Essential Skills Wales Qualifications, GCSE at grade A*-C	4 Level 4 Certificate, Leaving Certificate	5 National 5, Modern Apprenticeship, SVQ, NPA, National Certificate, Award
Continuation of secondary education					
Secondary education: initial entry into employment or further education		1 Vocational & Technical Qualifications, GCSE at grade D-G and grade 3-1, Functional Skills (England), Essential Skills Qualifications (NI)	1 Welsh Baccalaureate Foundation SCC, Vocational Qualifications, Essential Skills Wales Qualifications, GCSE at grade D-G	3 Level 3 Certificate, Junior Cycle	4 National 4, SVQ, NPA, National Certificate, Award
		Entry Level Entry Level Certificate (sub-levels 1-3), Functional Skills (England), Essential Skills Qualifications (NI)	Entry Level Entry Level Qualifications, Essential Skills Qualifications	2 Level 2 Certificate, Junior Cycle	3 National 3, NPA, National Certificate, Award
				1 Level 1 Certificate, Junior Cycle	2 National 2, NPA, National Certificate, Award
					1 National 1 Award

BWYQ qualifications are regulated  
 at Levels 3 and 4, confirming the  
 recognised equivalency across  
 national boundaries that might  
 have different numbering systems  
 for the Levels. Only regulated  
 qualifications are assigned a Level;  
 the word 'Level' should not be used  
 for non-regulated qualifications.

The table gives an indication of how you can compare qualifications across national boundaries. Examples of major qualifications at each level are provided. For further details of qualifications that are current or no longer available to learners, you will need to consult the website given at the head of each column.

This leaflet is designed to give some information to help you begin the process to compare qualifications across national boundaries, for example, by telling you what your qualification, or qualifications you are interested in studying, are broadly comparable to in UK countries and Ireland.

[https://www.qaa.ac.uk/docs/qaas/news-and-events/qualifications-can-cross-boundaries-guide-to-comparing-qualifications-in-the-uk-and-ireland.pdf?sfvrsn=3715c981\\_4](https://www.qaa.ac.uk/docs/qaas/news-and-events/qualifications-can-cross-boundaries-guide-to-comparing-qualifications-in-the-uk-and-ireland.pdf?sfvrsn=3715c981_4)



## Appendix B

On the previous page, Appendix A shows a chart from the Quality Assurance Agency for Higher Education (QAA), which is an independent charity working to benefit students and higher education. QAA is one of the world's experts in quality assurance, which is trusted by higher education providers and regulatory bodies to maintain and enhance quality and standards. QAA works with governments, agencies, and institutions globally to benefit UK higher education and its international reputation. The work they do supports our mission to safeguard standards and improve the quality of UK higher education wherever it is delivered around the world.

Mindbody Wellness currently delivers training at levels 3 and 4 on Ofqual's Regulated Qualifications Framework (RQF), highlighted in yellow on the previous page.

The Level Descriptors for levels 3 and 4 are shown below:

Level Descriptor for Level 4 Qualifications as per Ofqual Regulated Qualifications Framework (RQF)	
Knowledge descriptor (the holder...)	Skills descriptor (the holder can...)
Has practical, theoretical or technical knowledge and understanding of a subject or field of work to address problems that are well defined but complex and non-routine. Can analyse, interpret and evaluate relevant information and ideas. Has an informed awareness of different perspectives or approaches within the area of study or work.	Identify, adapt and use appropriate cognitive and practical skills to inform actions and address problems that are complex and non-routine while normally fairly well-defined. Review the effectiveness and appropriateness of methods, actions and results.

Level Descriptor for Level 3 Qualifications as per Ofqual Regulated Qualifications Framework (RQF)	
Knowledge descriptor (the holder...)	Skills descriptor (the holder can...)
Has factual, procedural and theoretical knowledge and understanding of a subject or field of work to complete tasks and address problems that while well-defined, may be complex and non-routine. Can interpret and evaluate relevant information and ideas. Is aware of the nature of the area of study or work. Is aware of different perspectives or approaches within the area of study or work.	Identify, select and use appropriate cognitive and practical skills, methods and procedures to address problems that while well-defined, may be complex and non-routine. Use appropriate investigation to inform actions. Review how effective methods and actions have been

The descriptors of both levels are very similar but key words in the Level 4 *knowledge* descriptors, such as 'analyse' and 'informed' and the addition of the word 'adapt' in the Level 4 *skills* descriptors, indicate the need for a higher rigour of assessment to be carried out in order to determine if the learner has indeed used critical thinking to come to an effective and appropriate conclusion and has then performed an evaluative review of the 'results'. This is why there are more essays/presentations and primary sources used in Level 4 assignments and these require academic references.

Level 3 qualifications can use multiple choice questions or completion of short answer worksheets to see if the learner knows facts, rather than a requirement to show the rationale used for their analysis and evaluative process. The learner can 'select' an answer from a choice of standard skills, methods and procedures instead of detailing how their adaptations addressed complex and non-routine situations to achieve the desired result.