

BWY Foundation Course 1, York

Feedback

Starting September 2013

I loved the course, really helped me to appreciate yoga and my own personal practice in a deeper more profound way. *Debra*

An excellent course, I would recommend it to anyone! There was a perfect balance between practice and theory; presentations included Powerpoints, talks, recordings, visual methods, quizzes and practical demonstrations. *Bethan*

Jayadhara is a very good tutor and it was a wonderful group and I've learned so much it's been life changing! *Donna*

The course was well planned and paced, practical and theoretical aspects were excellently balanced. Great encouragement to develop home practice, wonderful support and advice from the tutor. *Andrew*

I have thoroughly enjoyed the course; it has been a wonderful journey. It has been the sharing of something special created with a special teacher and a lovely group of people. *Becky*

I loved everything about the course, the structure, support and encouragement for growth. Thank you for a wonderful experience. *Rachael*

An enjoyable course, I highly recommend it! Sometimes learning more about yourself is an eye-opening challenging process! *Emma*

I will miss the course and the lovely group of like-minded women that I have met. *Helen*

Wish the course could have gone on forever! Loved it and learned so much! *Lauren*

Course was very good at adapting to weekly needs of students. Tutor was good at expanding on questions asked and varying input to cover requests and questions.

Amanda

I have thoroughly enjoyed the course and it has lived up to my expectations. I liked learning the theory in a sequential and organised way and the concentration techniques. *Sue*

Learning about the subject of yoga in more depth and developing yoga as a way of life which happened as a result of the study journey. *Sue*

Course was very well structured and balanced; Jane has kept the course interesting. Tutor was very well prepared; handouts were given, making reading interesting and understandable. Importantly, support from the tutor has been outstanding during the course especially with the personal challenges I have faced. *Ala*

Starting September 2012

I've found the course an amazing journey of discovery. My body has changed this year; become more toned, supple and strong; particularly core strength. I've become much more aware of my energy; how it fluctuates, what impacts it, how I can work with it. I think a lot about my breath as a way of staying centred. I've been completely committed to my daily practice, which has become a very important part of my day, and my life. In subtle yet profound ways my general experience of life is different from when I started – my awareness is somehow more spacious, and I am passionate about living as mindfully as possible.

Nick

It is true to say that for me the foundation course in yoga has been a truly healing and transformative experience. I am grateful to my tutor Jayadhara for her knowledge, insight and compassion.

Murina

I have gained insight into many aspects of yoga and of myself, the experience has led me to question the way I project myself, my treatment of others, my diet, my conduct and my purpose in life. I have been challenged physically, mentally, emotionally and spiritually and have found this to be both enjoyable and at times uncomfortable.

Trisha

I can build to my own full Hatha Yoga practices, including forward and backward bends, twists, side movements and inversions. I understand the importance of the counter-asanas as well. I can adapt my practice to my different needs. I have learnt shatkarmas as Neti and Trataka. I am learning and advancing in the different types of Pranayama. I know how to relax myself at the end of the practice and in general. I use Yoga and Yoga philosophy in my life, day by day.

Nestor

At the beginning of the course I had been practicing yoga for many years but was entirely reliant on following a routine devised by someone else, either in the setting of a yoga class or by following a DVD for home practice. This course has enabled me to understand how to build a personal practice, and through keeping the yoga diary I have discovered a personal practice which has been truly transformational.

Liz

I have developed a much greater understanding of Yoga during this course. I have experienced many different ways of breathing, meditation, thinking, even different ways of sitting! My personal development has been great, especially learning to apply yoga principles to my everyday life.

Angela

Since starting the Foundation course I have experienced an overall improvement in my physical, mental and emotional health. The main improvement has been in my improved levels of awareness in relation to; postures, breathing techniques, feelings, thoughts and relations with others leading to a greater appreciation of the life I currently have. My energy levels have increased significantly and my confidence in dealing with difficult situations has also improved.

Alison L.

I feel more confident practising asanas and selecting appropriate warm up/joint freeing techniques. Yoga is now a part of my daily life rather than a once a week event! I have learnt so much about the history/philosophy of yoga (which I had no idea about before I started the course). This has also made me more spiritually aware. I now feel less anxious and stressed generally. I feel like my mind is more in control of my body – rather than the other way around.

Alison F

My development has been positive, I feel more confident about myself, becoming a more rounded person. Exploring the traditions of yoga has been a revelation in that previously I just 'did' the asanas

without appreciating their true benefits on the body and well-being. I knew I enjoyed yoga, but not the reason why – now I know why and my enjoyment and satisfaction has increased. *Christine*

I have enjoyed learning a lot more about the philosophy of yoga and about the different yogic tradition. I have enjoyed learning how to build a structured and balanced practice. *Ruth*

At the start of the course, I knew very little about yoga despite having practiced for 5 years. I have learnt a lot about the yoga philosophy, asanas, pranayama which has enabled me to learn more about myself, my thoughts and my direction. It has helped on a physical, mental and spiritual level, but I feel that I have only started on the road.... The personal changes I have seen have led me to re-think my life, goals and direction. *Julie*

I feel that I have become more discerning in what and how I spend my time. I have invested in myself and feel also that I am becoming more able to just be as opposed to doing. *Pauline*

Starting September 2011

This course has taught me a great deal and given me a thirst to learn more. I have made some very good friends and I would recommend Jayadhara's courses for anyone wanting to develop their yoga knowledge. *Janice*

Enjoyed the course, professional, inspirational, supportive. *Su*

Just a note to say thank you so much for an inspirational course I have really enjoyed it. These last few months have been a difficult time for me and I do not know what I would have done without you and the group and my yoga. It has been most enjoyable to attend, always look forward to the day. Very nice people on the course, felt quite relaxed. Jayadhara is a very approachable and a very nice person and tutor. *June*

I really enjoyed the course. It was a very good course for the home practice. *Mani*

The course content and the teaching methods were pitched at the right level. I learnt a lot from the teacher as well as from other students on the course. The practical sessions were also very useful to develop own practice.

The whole course has been thoroughly enjoyable, deepening my love and understanding of yoga. *Mandy*

Thoroughly enjoyed the course and my level of practise and knowledge have increased. *Shirley*

Very balanced days were split into two with asana practice in the morning and theory in the afternoon. Homeplay was also evenly balanced. Teaching methods were very interesting, we worked individually as well as in pairs and groups and also had the opportunity to give a presentation and participate in group discussions. *Emma*

I have found the course very enjoyable, it has been such a good experience and the other people were lovely. *Sharon*

Starting: September 2010

It is only the very beginning of a journey. I am much more confident when practicing at home and have felt the very real benefits of physical (asana) yoga. I have become more and more interested in the history, philosophy and theory of yoga and am fascinated by so many aspects of it. It is becoming

a part of my life on a regular basis instead of just a class on a weekly basis. Will miss the monthly meetings.

Lindsay

Thank you for a great year. My journey would have been very different if you had not been involved. I think you are a wonderful teacher and I feel very lucky to have completed the Foundation course with you. See you again in the future.

Sam

I now have a far more regular daily practice including asana, pranayama, relaxation and mantra. My lifestyle has changed positively and I am happier and in less pain.

Thanks SO much for a truly inspirational and transformative course! I knew I'd get a great deal from it but even so could not have expected it to make so positive a difference to my life.

- Daily practice as part of routine
- Clearer sense of life direction including commitment to yoga
- Greater understanding of spiritual side of yoga both generally and personally
- More balance and harmony in life – increasing sense of flow
- Ability to use asanas, pranayama and wider practices to work on personal needs
- Improved depth and precision in working with asanas
- Greater insight into my own moral framework

Helen

A greater understanding of all aspects of yoga in the way of physical, spiritual, emotional and history. A deeper understanding on a personal level when reflecting on my home practice and my diary – linking physical problems with stresses.

Louise

I achieved a well rounded understanding of the basic tenet of yoga and have identified areas where continued study would be beneficial. Particularly learned about different schools and approaches; have begun to develop an understanding of meditation.

Laurie

- Jane was a great teacher and has opened my eyes to the wider practice of yoga. I am looking forward to joining her Foundation 2 course or perhaps a BWY Diploma Course.
- Developed awareness of other aspects of yoga other than asanas such as meditation, breathing, philosophy, types of yoga, shatkarmas etc. Before the course I had only been interested in power yoga and asanas.
- Learnt to build a practice on my own and understand counterposes
- Course was well organised, structured. Jane was available 'out of hours' by phone and e-mail to discuss homeplay or yoga queries.

Louisa

I have a better understanding of each posture – physical and mental effects which has led to more confidence in planning and carrying out my own practice. I have improved my ability to refine asana techniques and carry out my own meditations.

Elena

The course has been a fulfilling journey on which I feel I have learnt a lot about yoga and realise there is much more that I could learn.

Paulene

I have thoroughly enjoyed and embraced this course and I do feel a transformation in my life. It has helped me through some challenging times in my life.

Louise

A great course _ I have really enjoyed it and it has broadened my mind.

Melanie

I find the course is a beginning, opening many new doors. I really need a continuation course to keep the benefits gained!

Sharon

Starting: September 2009

Alison

Signing up to the yoga foundation course with Jayadhara was one of the best decisions of my life. It was pivotal for me in bringing yoga from an 'interest' and 'not-very-regular practice' to being an integral part of my life. Intellectually the course was really informative putting yoga into a historical context and making some of the ancient texts accessible and 'usable'. On a physical, emotional, mental and spiritual level the course, for me, made yoga the means for personal exploration and growth. Jayadhara is a passionate and natural-born teacher (well she must work hard at it but makes it look easy!). We were wonderfully taught and supported throughout the course. It was like being a part of a big family as we grew together as a group and individuals throughout the time together. I had never considered teaching yoga but am now well into the first year of my yoga teacher training course! I would highly recommend this course to anyone who has an interest in yoga and wants to explore its possibilities either for their own development or as a gateway to teaching.

This was really comprehensive course by and excellent teacher. The group has all grown together like a big family – it is sad that it has come to a close.

Lorraine

The content went beyond my expectations and provided a good structured foundation on which I can develop future practice and knowledge. Jane was very inspiring teacher, guiding through the course.

Liked least – finishing

John

A lot of thought and effort has gone into the planning of these sessionsresult excellent 'A'.

This has been a very intensive and comprehensive course which has filled some of the gaps in my yoga education. Jane has done an excellent job. However, I feel that we tried to cover too much and I would have preferred more time for discussions of topics and sharing.

Nita

Course management: Excellent. This is the most well organised and well-presented course I have attended.

It has been a truly wonderful course to attend . I feel I have learnt so much on all levels that will stand me in good stead through the rest of my life. It has been a Foundation not just in yoga but in a way of life. Having found something that enormously helps my condition – bipolar- something I've been searching for the past 25-30 years.

I really liked the way it all grew over time. Planning was really good. It all looked very easy but I am sure that a huge amount went into it!

Lucy

JD is an excellent teacher. She has a wealth of knowledge to draw on in her teaching, but at the same time she made us work hard to ensure we developed our own personal knowledge.

Ali

There have been so many areas it has impacted on, from learning Sanskrit to simply feeling as though you are really a part of something amazing. It just keeps growing and evolving for me.

"The BWY Foundation has been a positive life-changing experience for me. A wonderfully planned and executed course by an inspiring, unique, knowledgeable and genuine tutor. Namaste, JD" - Ali

Structured learning by a very exceptional teacher in a great environment with like-minded people.

The course has been an amazing experience on many levels. Keep up the good work. I feel so lucky to have experienced it with a very inspiring, knowledgeable and genuine tutor. Thanks.

Judi

Everything about the course has helped me grow as a person. The 'Foundation' is just as it says – good coverage of all aspects of yoga. Will now have confidence and motivation to progress and build on everything I've learned. Thank you!

Emily

I learn and shared so much in a relaxed, supportive environment.

Suzie

I loved the course from beginning to end – one of the best decisions I have made.

The course was a fantastic introduction/foundation. I fell pregnant in March and was quite unwell for the first trimester. Jayadhara helped me to consider adapting my development of my personal practise and I feel the course was of even greater benefit to my changing circumstances.

A brilliant course, lovely group and inspiring teacher!