

British Wheel of Yoga Foundation Course 1

9.30am – 4.30pm
10 Saturday meetings, York
Starting: 24 November 2018
Tutor: Jayadhara

If you currently love yoga and yearn to learn more, Foundation 1 course offers the perfect opportunity for you to develop your practice and understanding. The course is aimed at expanding your personal experience of yoga and providing the opportunity for you to dig deeper than there is opportunity for in a regular weekly class.

You will also meet likeminded people and become part of a bigger yoga sangha (community).

The Course

This 60-hour course has **a very practical approach**. Together we explore asanas, breathwork, relaxation, meditation, chanting and the transformative effect of deepening awareness. We investigate the importance of breath as a dynamic focus, as a preparation for and anchor during meditation. You will gain knowledge, confidence and ability to plan your own practice.

There are informative talks, discussions, group-work, and exploration of yogic paths, prana, nadis and chakras. We delve into Patanjali Yoga Sutras to appreciate its ancient psychological approach and how its wisdom is relevant today.

Keeping a **personal Yoga Journal** about your own practice is an important aspect of the course.

Topics

Preparation for Practice

Centring techniques
Limbering

Asana

Major classical asana
Posture sequences & Vinyasa approach

Breathing / Pranayama

Natural breath awareness
Use of breath in postures
Full yogic breath
Ujjayi
Bhramari
Nadi Shodhana
Kapalbhati

Relaxation Methods

Tense and relax
Sensory awareness
Yoga Nidra

Meditation Techniques

Mindfulness
Visualisation
Mudras

Chanting

Om, Chakra bija mantras, Gayatri mantra

Talks / Discussions

Brief history of yoga
Paths of yoga
Overview of Patanjali Yoga Sutras
Eight-fold path of Patanjali
Anatomy for yoga
Prana, Nadis & Chakras

Progression

Ways to continue developing own practice
BWYQ Diploma – Yoga Teacher Training

"Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow."

Swami Satyananda Saraswati

Tutor

I have been teaching yoga since 1988; I am a BWY Diploma Tutor and hold an MA in yoga philosophy. I have tutored more than a dozen BWY Foundation 1 Courses in Yorkshire and devised and tutored a variety of workshops, retreats and courses.

I am passionate about including all aspects of yoga and ancient wisdom in ways accessible to everyone. My personal practice is informed by Satyananda Yoga, Structural and Ayurvedic Yoga Therapy, Restorative Yoga and Mindfulness; I regularly return to India to continue my personal journey.



Student Requirements

1. Minimum of 2 years yoga class attendance with a suitably qualified and experienced teacher.
2. Students are required to join BWY before the course begins. <http://www.bwy.org.uk/join-the-bwy/>
3. BWY Foundation Course certificate will be awarded to students who achieve a minimum of 80% attendance. There is no formal assessment.
4. Students should continue to practice regularly throughout the course and keep a diary of their experiences related to yoga.

Introductory Session – at New Earswick

Saturday 13th October 5.30-7.30pm (£5)

This is an informal discussion and Q&A about the course; an opportunity to meet the tutor and other students and decide if the course is right for you.

Group Size

Maximum group size 18 to allow individual attention, a minimum of 10 students will be required to run the course.

Progression

The course can be used to deepen and develop your own personal yoga practice and to gain understanding of how to prepare different sequences for personal use, or as a stepping-stone towards a yoga teacher training course.

Course Meetings

Venue: New Earswick Methodist Church Hall, Hawthorn Terrace, York YO32 4AQ

Start Date: 24 November (5, 26 January, other dates tbc, 10 meetings spread over 8 months)

End Date: July 2019

Time: Saturdays, 9.30am – 4.30pm

Course Books

Asana Pranayama Mudra Bandha, *Swami Satyananda Saraswati*, Bihar School of Yoga
Patanjali Yoga Sutras, translation and commentary by Swami Satchidananda

Costs

Full course fee **£500**

BWY Membership **£37**

BWY Course Registration Fee **£60**

Course books **£25** approx.

After acceptance on the course a deposit of £100 will secure your place. Cheques payable to Jane Cluley, or transfer by BACS: Sort Code 09-01-27 account 38203361. The balance of £400 is due on the first day of the course. In cases of financial difficulty other arrangements may be discussed with the course tutor.

Deposit and fees paid are non-refundable.

Application Form

Name.....

Address.....

.....

Postcode.....Telephone.....

e-mail..... Mobile

D.O.B.....

Home Situation (Live alone, with partner etc)

Occupation.....

Where did you hear about the course?

Present yoga teacher(s)

Please add or attach separately details of:

- 1. Your experience of yoga (weekly classes, workshops, retreats etc)
- 2. Your reasons for applying for the course
- 3. How you will find time to include the Foundation Course alongside other commitments.
- 4. Details of any health problems

Signature.....

Date.....

Contact Details

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