

British Wheel of Yoga - Foundation Course 1

Starts 11 January 2021 with Jayadhara

Blended learning - online and face-to-face

If you currently love yoga and yearn to learn more, BWY 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 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. Topics include:

Preparation for Practice: Centring techniques, Joint Freeing Series, other warm-ups

Asana: Major classical asana, posture sequences, vinyasa approach

Breathing / Pranayama: Breath awareness, using breath in postures, full yogic breath, ujjayi, bhramari, nadi shodhana, kapalbhati

Relaxation Methods: Progressive muscular relaxation, autonomic relaxation, sensory awareness, Yoga Nidra

Meditation Techniques: Mindfulness, visualisation, candle gazing, mudras

Chanting: Om, chakra bija mantras

Talks and Discussions: Brief history of yoga, paths of yoga, overview of Patanjali Yoga Sutras and the eight-fold path, anatomy for yoga, prana, nadis and chakras

Progression: Ways to continue developing your own practice, BWY yoga teacher training courses

Keeping a personal yoga journal about your own practice is an important aspect of the course.

Tutor



I have practiced yoga since university and been teaching 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 believe in continually learning and pursuing my own yogic path.

Student Requirements

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

Introductory Session – by Zoom

Monday, 21st December 6pm (£5)

This is an *optional* 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 16 to allow social distancing and individual attention.

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 Books

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

Course Meetings:

Start Date: Monday 11 January 2021 **End Date:** Saturday 10 July 2021

Mondays: 11 January – 22 March 6pm – 8.30pm by Zoom (half term 15 February)

Saturdays: 9am – 4pm, at Helperby Village Hall YO61 2NS

17 April, 8 May, 22 May, 12 June, 26 June, 10 July



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 J Cluley, or transfer by BACS: Sort Code 09-01-27 account 38203361 (business account). 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.

“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



BRITISH WHEEL OF YOGA TRAINING

BWY FOUNDATION COURSE LEVEL 1 APPLICATION FORM

Personal Details

Full Name:

Address with Postcode:

Landline:

Mobile:

Email address:

BWY Membership number:

Personal Statement – approximately 250 words

Please let me know as much as possible about yourself in your written statement, your yoga experience and why you wish to join the Foundation Course. Students with disabilities can present this statement in different formats e.g. word processed, audio tape etc.

Statement of Commitment

Regular attendance as well as reading and research will be expected from you during the courses.

Are you willing to commit yourself to this course and are you sure you have time for it?

Yes / No

Have you carefully read the relevant course syllabus and are you willing to abide by the protocol outlined?

Yes / No

Signature:

Date:

Give the names and email address of 2 referees:
Yoga teacher:
Character referee:

This form collects your name, address, contact number and email address so that your tutor can communicate with you and provide assistance. Please check our Data Protection Policy which is on our website bwy.org.uk to see how we protect and manage your submitted data.

I consent to having British Wheel of Yoga collect my details via this form

Contact Details

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