

# The British Wheel of Yoga Foundation Course in Yoga Studies



The Foundation Course takes yoga to a deeper level. It includes coverage of:

- Yoga traditions and recent history in India and in the UK
- A range of postures (asana) and some sequencing work.
- A range of breathing and pranayama techniques
- A range of relaxation techniques and an understanding of the place of relaxation in the western yoga tradition.
- How yoga works at levels beyond the body although we place significant emphasis on physical practice
- Tools to develop your own personal practice
- The Yoga Sutras of Patanjali
- Concentration, meditation, hand gestures and relaxation techniques
- Applying yoga in everyday life

With introductions also to:

- Mindfulness, and
- Ayurveda

The course encourages reflection and journaling as a practice of self-discovery.

Pre-requisites:

- Two years of yoga class attendance with a qualified and experienced yoga teacher
- British Wheel of Yoga membership.

Venue: Hazelwood School, Limpsfield, Oxted, Surrey, RH8 0QU

Dates: Saturdays: 4<sup>th</sup> February, 4<sup>th</sup> March, 1<sup>st</sup> April, 22<sup>nd</sup> April, 13<sup>th</sup> May, 10<sup>th</sup> June, 1st July, 29<sup>th</sup> July, 2<sup>nd</sup> September, 30<sup>th</sup> September

Time: 0930 to 1630

Cost: £650 which includes:

- 60 hours of tuition
- administration fees
- course folder and materials

Students to buy: [The Heart of Yoga](#) by TKV Desikachar

### Award

Upon completion, and attendance at 80% of sessions, you will be awarded a BWY FC1 Certificate of Attendance

### Course tutors

Jackie Dyson  
BWY Teacher, BWY Foundation Course Tutor.

and

Cathy-Mae Karelse  
BWY Teacher, BWY Foundation Course Tutor, BWY Diploma Course Tutor, Ayurvedic Practitioner and MSBR and Mindfulness Instructor/Trainer.

[Application Form](#): to download an application form, click here

[Teacher's Reference Form](#): enclose your teacher's Reference Form along with your application form, available here

### Course Contact:

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