



The British Wheel of Yoga Foundation Course in Yoga Studies

This course is designed for anyone who would like to take their yoga practice to a deeper level and learn more about the different aspects of yoga, its traditions and its history. It's the ideal course for those who have been attending a regular yoga class for some time and are interested in and find benefit from practicing yoga. It's an opportunity to gain a broader understanding of yoga, sharing the journey with like-minded people. The course encourages reflection and journaling as you not only get to know yourself better and develop your own personal practice, but also learn how to apply the tools of Yoga, Mindfulness and Ayurveda to live life more fully.

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.

Course content The course looks in detail at:

A range of postures (asana) that fall into the following categories: forward bends, back bends and side bends, twists, balances, inversions, seated postures and natural spine alignment. This will include some sequencing work.

A range of breathing and pranayama techniques including the full yogic breath,ujjayi, bhramari, nadi sodhana, anuloma ujjayi and viloma ujjayi.

A range of relaxation techniques and an understanding of the place of relaxation in the western yoga tradition.

Different concentration and meditation techniques.

Hand mudras (gestures).

The History of yoga and the different traditions and paths of yoga.

Yoga philosophy, introducing the Yoga Sutras of Patanjali, with a particular focus on the eight limbs of yoga.

A basic introduction to Sanskrit and some of the common Sanskrit terms used in yoga.

Chanting.

An introduction to Ayurveda.

The application of Mindfulness in daily life.

Students will plan simple personal practices and journal their experiences.

Who is the course for?

The course is designed for anyone who would like to take their yoga practice to a deeper level and learn more about the different aspects of yoga, its traditions and how to apply them in daily life.

The BWY Foundation Course is also a pre-requisite for anyone who wishes to go on to complete the BWY Teacher Training Diploma.

Pre-requisites	<p>Two years yoga class attendance with a qualified and experienced yoga teacher is ideal.</p> <p>British Wheel of Yoga membership.</p>
Location	<p>Hazelwood School Limpsfield Oxted Surrey RH8 0QU</p> <p>The venue is 30 minutes from central London (Victoria and London Bridge to either Hurst Green or Oxted) and 5 minutes from M25 Junction 6.</p>
Dates	<p>The course is run over 10 meetings on the following dates throughout 2018 (all Saturdays): 17th February, 24th March, 21st April, , 19th May, 16th June, 7th July, 28th July, 1st September, 22nd September, 6th October.</p>
Time	09.30 to 16.30
Cost	<p>£650</p> <p>This includes 60 hours tuition, administration fees and course material.</p>
Course Book	The Heart of Yoga by TKV Desikachar
Application Process	<p>Please submit an application form with references to jdyson7@hotmail.com. Interviews will be held with all applicants to confirm a mutually beneficial fit.</p>
Award	<p>On completing the course, you will be awarded a British Wheel of Yoga Foundation Course 1 Certificate of Attendance.</p>
BWY Details	<p>British Wheel of Yoga 25 Jermyn Street Sleaford Lincolnshire NG34 7RU</p>

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bwy.org.uk

Course contact

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