

COURSE CONTENT

60 hours

Preparation for Practice

Centering techniques
Limbering

Asana

Major classical asana
Posture sequences

Breathing / Pranayama

Natural breath awareness
Use of breath in postures
Full Yogic Breath
Ujjayi
Bhramari
Nadi Shodhana

Relaxation Methods

Progressive muscular
Sensory awareness
Yoga Nidra

Meditation Techniques

Breath awareness
Mudras
Body Stillness (Kaya Sthairyam)
Inner Silence (Antar Mouna)

Chanting

Om, Bija Mantras, Gayatri Mantra

Talks / Discussions

Brief history of yoga
Six yoga traditions and teaching styles
Overview of Patanjali Yoga Sutras
Eight-fold path of Patanjali

Progression

BWY Diploma Course requirements

COURSE APPROACH

The course will use a very practical approach. Students will have an opportunity to deepen their knowledge and develop confidence in a wide variety of techniques so they can plan their own personal yoga practice.

We will explore asanas, breathwork, relaxation, meditation and chanting and experience transformation through whole-hearted awareness. We will investigate the importance of breath as a means of dynamic focus, unlocking inner energy, and as preparation for meditation.

Informative talks, discussions and group-work will investigate and define yogic paths, traditions and teaching styles. We will delve into the Yoga Sutras to glimpse the ancient psychological approach of Patanjali.

Students will be required to keep a diary of their personal practice of yoga and its effects.

TUTOR

I have been teaching yoga since 1988, I am a British Wheel of Yoga Diploma Tutor and hold an MA in Yoga Philosophy. I am passionate about including all aspects of yoga and ancient wisdom in ways accessible to everyone. I regularly return to India, the home of yoga, for deeper understanding and to continue my personal development journey.

I have successfully tutored several Foundation Courses in York and have devised and tutored 'Swadhaya' and 'Basics of Bihar Yoga' courses.

"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

APPLICATION FORM

NAME.....

ADDRESS.....

POSTCODE.....

TELEPHONE.....

E MAIL.....

D.O.B.....

HOME SITUATION (DO YOU LIVE ALONE, WITH PARTNER ETC.)

OCCUPATION

WHERE DID YOU HEAR ABOUT THE COURSE?

PRESENT YOGA TEACHER (S)

PLEASE ATTACH SEPERATELY DETAILS OF:

1. Your Experience of Yoga (Weekly classes, workshops 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.....

STUDENT REQUIREMENTS

1. Minimum of 2 years yoga class attendance with a suitably qualified and experienced teacher.
2. Students will be required to take up BWY membership. Before the course begins.
3. BWY Foundation Course Certificate will be awarded to students who achieve a minimum of 80% attendance.
4. Students should continue to practice regularly throughout the course and keep a diary of their experiences related to yoga.

Course Days: Saturday 9.30am – 4.30pm

Starting: 27th September,
1st & 29th November 2008

Usually one meeting per month.

Other dates TBC

GROUP SIZE

Maximum group size 16 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.

BWY Website

www.bwy.org.uk

COURSE MEETINGS

Venue: St Olaves Hall,

Marygate Lane, York YO30 7BJ

Start Date: 27th September 2008 (10 meetings)

Time: 9.30am – 4.30pm

RECOMMENDED BOOKS

Asana, Pranayama, Mudra and Bandha, *Swami Satyananda Saraswati*, Bihar School of Yoga

Patanjali Yoga Sutras (translation tba)

COSTS

Full Course Fee: £395

Membership of BWY: £25

BWY Course Registration Fee £45

Books: £22 - 25 (available from tutor)

After acceptance on the course a deposit of £60 will secure your place. Cheques payable to J. Cluley. The balance of £335 due on the first day of the course.

In cases of financial difficulty other arrangements may be discussed with the course tutor.

Deposit is non-refundable.

CONTACT DETAILS:

Jane Cluley / Jayadhara

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Ledbury

Herefordshire

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My Website

www.yogandshiatsu.org.uk



THE BRITISH WHEEL OF
YOGA

YOGA

FOUNDATION

COURSE

LEVEL 1

10 Saturday Meetings

9.30am – 4.30pm

Starting:

October 2008

YORK

Tutor: Jayadhara