

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

Tense and relax
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
Paths 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. My personal practice is informed by Bihar School of Yoga and 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 'Swadhyaya' 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 separately 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.

Introductory Session

7pm Friday 23rd July (£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.

Course Days: Saturday 9.30am – 4.30pm

Starting: 18th September 2009

17th October

27th November

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.

COURSE MEETINGS

Venue: St Olaves Hall,
Marygate Lane, York YO30 7BJ

Start Date: 18th September 2010 (10 meetings)

Time: 9.30am – 4.30pm

RECOMMENDED BOOKS

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

Patanjali Yoga Sutras trans. *Swami Satchidananda*

COSTS

Full course fee: £425

Membership of BWY: £25 annually

BWY course registration fee £45

Course books: £25 approx.

After acceptance on the course a deposit of £60 will secure your place. Cheques payable to: Jane Cluley. The balance of £365 is 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:

Jayadhara (Jane Cluley)

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Easingwold

York

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My website

www.yogandshiatsu.org.uk



British Wheel of Yoga

FOUNDATION

COURSE

10 Saturday meetings
9.30am – 4.30pm

Starting:
September 2010

YORK

Tutor: Jayadhara