



THE BRITISH WHEEL OF
YOGA

FOUNDATION COURSE LEVEL 1



Thank you for your enquiry about the British Wheel of Yoga Foundation

Course 1.

Who it is for

The Foundation Course 1 is run nationally (in England, Scotland and Wales) and is suitable for anyone who wishes to develop their personal practice of yoga and widen their experience. It provides a comprehensive grounding in basic practical techniques taught in the context of the philosophy that underpins Yoga. It is an ideal preparation for those who may wish to train as yoga teachers in the future* but equally suitable for yoga students who do not wish to teach.

Award

British Wheel of Yoga Foundation Course 1 Certificate of Attendance.

Pre-requisites

1. Minimum of two years class attendance with a suitable qualified and experienced yoga teacher.
2. Students must join the British Wheel of Yoga if not already a member.

Length of Course

There are a variety of ways in which the course may be organised; for example, weekly, monthly or weekend sessions. The minimum course length is 60 hours (6 months). An average course for example might be 2 hours per week for 3 college terms, each of 10 weeks duration.

The Course

The core syllabus of 45 hours is obligatory. It includes preparation for practice, asana (postures), mudra (Sealing gestures), basic breathing, kriya (cleansing practice), pranayama (Breath control), concentration techniques, relaxation techniques, chanting, talks and discussions on the context and meaning of Yoga. A minimum of 15 hours is added, content of which at the discretion of the course tutor, to meet the particular needs and interests of individual students and to reflect the tutor's own tradition.

Students are required to practice regularly throughout the course and are encouraged to reflect upon and make notes on their practice in journal form. Other than this there is no home written work and the course is not formally assessed.

Cost

Course registration fee £40.00

Course fees are set by the college or the Foundation Course Tutor (if privately run) and therefore vary from course to course.

Information on where Foundation Courses are planned.

British Wheel of Yoga Regional Training Officers will supply details of courses in each region.

The BWY publication 'Yoga Two' (free to members), lists Foundation Courses about to start in all regions.

ED12 Appendix 1
Updated August 2004

* Completion of the Foundation Course would be advantageous when applying to join a BWY Diploma course and could soon (for most) be a requirement.