

BWY Foundation Course 1



Yoga Training Centre

Tutors: Lesley Isaacson & Pauline Fleming

2020 Course dates:

Introductory day: Saturday 4th July from 12.30-4.30

Meeting dates: Saturday AND Sunday

19th and 20th September

3rd and 4th October

31st October and 1st November

28th and 29th November

12th December

Times: 12.30-7.30pm with break

Location: City Sport, 124 Goswell Road, London EC1V 7DP

Places available: 25

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The Foundation Course provides the opportunity to develop your yoga practice. It is a 60-hour course running over 4 months on Saturday/Sunday and covers a wide range of topics relating to yoga philosophy and practice that you wouldn't normally cover in general yoga class. Transform your yoga, transform yourself.

The core syllabus includes:

- Basic breathing
- Preparation for asana
- Mudra (Sealing gestures)
- Kriya (cleansing practice)
- Pranayama (breathing practices)
- Concentration techniques
- Relaxation techniques
- Chanting
- Talks and discussions on the context and meaning of yoga.
- Philosophy

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Pauline is a BWY teacher with many years of experience. Yoga for me is the transformation process from the self-discovery that takes place on the mat to the integration into one's everyday life off the mat. The essence of my teaching is an expression and accumulation of my understanding sharing techniques, ideas for self-exploration and inquiry. The style varies from dynamic to restorative and passive with the emphasis on becoming integrated and whole through awareness.

Lesley is a senior teacher trainer with the British Wheel of Yoga and is proud to have trained over 100 yogis of the future. She is passionate about yoga, both on and off the mat, and this passion is embedded in her teaching. She is particularly keen to relate yoga philosophy to everyday life, to ensure that yoga becomes a way of life, rather than exercises with Indian sounding names. She likes to keep her teaching fun and inviting, so that all students can travel the journey, regardless of their starting point.

Booking: For an application, booking form and teacher reference form please visit www.yogatrainningcentre.co.uk or contact:

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