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# BRITISH WHEEL OF YOGA TRAINING

## FOUNDATION COURSE LEVEL 1

Thank you for your enquiry about the British Wheel of Yoga Foundation Course Level 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 suitably qualified and experienced yoga teacher.
2. Students must join the British Wheel of Yoga if not already a member (see below).

### **About the Tutors**

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.

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.

### **Length of Course: 60 hours**

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**Course Days** 9.30-4.30 all meetings

9<sup>th</sup> January 2021  
30 & 31<sup>st</sup> January  
13 & 14 February  
13 & 14 March  
17 & 18 April

### **Venue**

Clerkenwellbeing  
178 Goswell Road  
London EC1V 7DT

We have every intention of delivering the whole course face to face; however, if circumstances change, we may have no alternative but to resort to Zoom.

### **The Course:**

The core syllabus is to be covered on all Foundation Courses and should be taught in 60 hours of which 15 hours will be selected by the tutors.

The core syllabus includes preparation for practise, 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. Students are required to practise 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 fees will be £600. There is a non-refundable deposit of £200 payable on acceptance to the course followed by two monthly instalments of £200 payable by BACS on 1<sup>st</sup> of each month. In addition to this, all students must pay a BWY registration fee of £60. This is paid via the course tutor to the BWY. All students must become members of the BWY (cost £37). Membership must be via BWY Central Office or website.

### **Refund policy:**

We operate a no refund policy. **Please note that 80% attendance is required.** The BWY will not certificate any learner who does not meet this requirement.

### **Application Procedure**

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For an application, booking form and teacher reference form please contact:

[lesisaacson@aol.com](mailto:lesisaacson@aol.com) / [flemingpauline@aol.com](mailto:flemingpauline@aol.com) or visit [www.yogatrainingcentre.co.uk](http://www.yogatrainingcentre.co.uk)

### **Policies and Procedures for learners**

The BWY is committed to setting and maintaining high standards of training throughout all our courses. To ensure that we create a safe and effective learning environment for all learners we have a range of policies to assist both the tutor and the learner in line with the current government guidelines. We are constantly reviewing our policies and procedures, but they can be found on our website using the following links:

### **Equality and Diversity Policy**

<https://www.bwy.org.uk/pdf/1566219008Equality%20and%20Diversity%20Policy%202019.pdf>

### **Reasonable Adjustments Policy**

<https://www.bwy.org.uk/pdf/1492779341BWYT%20Reasonable%20Adjustments%20Policy%20March%202016.pdf>

### **Complaints Procedure**

<https://www.bwy.org.uk/pdf/1555569087Complaints%20Policy%202018.pdf>

*\* Completion of the Foundation Course would be advantageous when applying to join a BWY Diploma course and is highly recommended.*