

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

Lisa is a well-respected BWY Teacher and FC tutor. She has been practising yoga since 2000 and teaching since 2014. Her original training was with Paul Fox and Carol Price (BWY Level 4, 500 hours diploma). Lisa is also qualified to teach pregnancy yoga having trained with Wendy Teasdil and restorative yoga levels 1 & 2 having trained with Judith Hanson Lasater. Lisa focuses on alignment based hatha and restorative yoga classes in North London.

Pauline is BWY Teacher, FC1& 2 Tutor, DCT, IQA. She was greatly influenced by Swami Indrajī who she met in 1982. Pauline was fortunate to have such an inspiring teacher. Pauline's teaching style is an eclectic mix and she believes that everyone is unique. Her approach is to encourage yoga as a means of letting go of rigidity rather than struggling to gain flexibility and she is guided by the teachings of the classical text.

Length of Course:

The course will run over 6 months.

Starting 16 January 2022, 6 February, 6 March, 27 March, 3 April, 8 May, 22 May, 5 June, 3 July

The Venue

8 High Street, Great Dunmow, Essex, CM6 1AW

The Course:

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:

The BWYT have set Course fees ranging from £600 and £800. Our course fee is set at £600. There is a non-refundable deposit of £200 payable on acceptance to the course, the balance due in two instalments. If you wish to pay your course fees in full or introduce a friend, we will offer a 10% discount. 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 £39). Membership must be via BWY Central Office or website.

Refund policy:

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

Application Procedure

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

<https://hathayogawithlisa.co.uk/classes/british-wheel-of-yoga-foundation-course/>

or contact

Lisa Hemmings

info@hathayogawithlisa.co.uk

Information on where Foundation Courses are planned:

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

The BWY national website and the BWY publication 'Spectrum' (free to members), list Foundation Courses about to start in all regions.

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.*