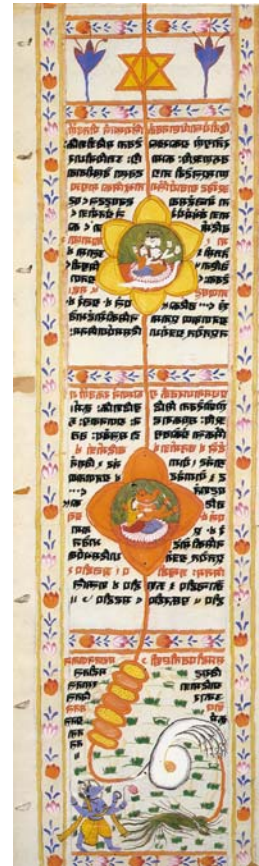


# British Wheel of Yoga Foundation Course May 2008 Cheltenham



**living  
yoga**

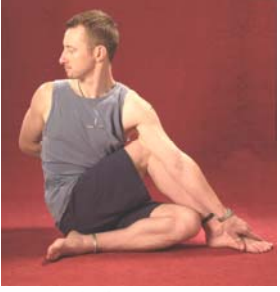
Haywain Cottage, Priestfields,  
Hanley Castle, Worcester, WR8 0AH  
Tel/Fax: 01684 310884 [www.LivingYoga.org.uk](http://www.LivingYoga.org.uk)

**living  
yoga**

[www.livingyoga.org.uk](http://www.livingyoga.org.uk)



THE BRITISH WHEEL OF  
YOGA



अथ - योगानुशासनम् ।

योगः - चित्तवृत्तिनिरोधः ।

तदा - द्रष्टुः - स्वरूपे - अवस्थानम् ।

वृत्तिसारूप्यम् - इतरत्र ।

वृत्तयः पञ्चतयः - क्लिष्टाक्लिष्टाः ।

प्रमाण - विपर्यय - विकल्प - निद्रा -

स्मृतयः ।

प्रत्यक्ष - अनुमान - आगमाः - प्रमाणानि ।

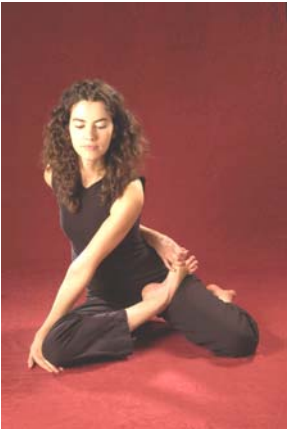
विपर्ययो - मिथ्याज्ञानम् -

अतद्रूपप्रतिष्ठम् ।

शब्दज्ञानानुपाती - वस्तुशून्यो - विकल्पः ।

अभावप्रत्ययात्मन्वना - तमोवृत्तिर्निद्रा ।

अनुभूतविषय - असंप्रमोषः - स्मृतिः ।



The Foundation Course is the standard entry requirement for the BWY teachers Diploma Course. Students doing this course can expect to broaden their knowledge and experience of yoga in general, either for their personal interest and study, or with a view to moving on to the Diploma. Please note the course is not aimed at teaching and you do not have to be planning to teach to do the course. We would welcome all interested students who wish to deepen their understanding of Yoga.

The Foundation Course is not a teaching qualification in its own right. However it is likely that a Diploma Course will be scheduled to follow on from the Foundation Course for any students wishing to continue with teacher training.

The course includes the following topics

Principles of Practice

Asana – study of selected postures

Simple breathing and relaxation

Pranayama – principles and selected techniques

Simple mudra and kriya

Selected study topics e.g. history of Yoga, paths of Yoga etc.

The course will include a mixture of theoretical input, workshop sessions and practice. There is no formal homework, but students are encouraged to read around the subject, and keep a personal practice diary during the course.

The course consists of a minimum of 60 scheduled hours, arranged as 14 evening meetings and 3 full day workshops. The venue is Airthrie School, Christchurch Road, Cheltenham, GL50 2NY. The Tuesday evenings are generally every 2-3 weeks, 6.15-9.15pm, with 3 full day Friday workshops, 10.00am-5.00pm. Proposed dates are:

Tuesdays: 20 May, 3, & 17 & 24 June, 8 & 29 July,  
9 & 23 & 30 Sept, 14 Oct, 4 & 18 & 25 Nov, 9 Dec

Fridays: 4 July, 10 Oct, 5 Dec

The cost of the course is £375 pounds. A deposit of £150 is payable in advance to secure a place on the course, with the balance due on the first day. Please note that these payments are not refundable in any circumstances. Students are also required to join the British Wheel of Yoga prior to joining the course (£25 via [www.bwy.org.uk](http://www.bwy.org.uk)) and pay a course registration fee to the British Wheel on the first day of the course of £45.

Most students find the course very enjoyable, and also find that it takes their practice and understanding of Yoga to a new level. So if you have an interest in developing your Yoga, come on and do the Foundation Course!

The course will be taught by Dave Charlton who is a Diploma Course Tutor for the British Wheel and a senior teacher for AYS (formerly Viniyoga Britain). For more details about Dave and the Viniyoga of Yoga please see [www.livingyoga.org.uk](http://www.livingyoga.org.uk).

Students should have 2 years experience of attending Yoga classes as a pre-requisite for joining the course. To register your interest for the course please send your name, address, telephone no and email (if available), with a short covering letter outlining your current Yoga experience and reasons for wanting to join the course. A deposit of £150 will be required to secure a place, once the dates and venue are confirmed. Send all correspondence to Living Yoga, Haywain Cottage, Priestfields, Hanley Castle, Worcester, WR8 0AH or via email to [dave@livingyoga.org.uk](mailto:dave@livingyoga.org.uk)