

British Wheel of Yoga Foundation Course October 2007 in London



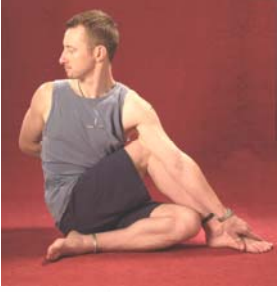
Deepen Your Knowledge of Yoga
Prepare for Teacher Training

**living
yoga**

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yoga**





अथ - योगानुशासनम् ।

योगः - चित्तवृत्तिनिरोधः ।

तदा - द्रष्टुः - स्वरूपे - अवस्थानम् ।

वृत्तिसारूप्यम् - इतरत्र ।

वृत्तयः पञ्चतयः - क्लिष्टाक्लिष्टाः ।

प्रमाण - विपर्यय - विकल्प - निद्रा -

स्मृतयः ।

प्रत्यक्ष - अनुमान - आगमाः - प्रमाणानि ।

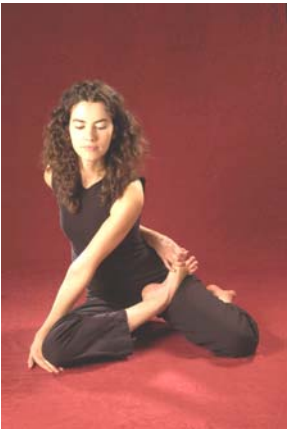
विपर्ययो - मिथ्याज्ञानम् -

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 focussed on 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 60 scheduled hours, arranged as 10 Tuesday afternoons (1.45-6.15pm) and 3 full day workshops (10.00am-6.00pm) The provisional dates are as follows:

9 Oct, 13 Nov (full day), 27 Nov, 11 Dec 2007

22 Jan, 19 Feb (full day), 4 Mar, 18 Mar 2008

8 Apr, 29 Apr, 13 May (full day), 17 June, 1 July 2008

The cost of the course is £475 pounds. A deposit of £250 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 once the deposit is paid. Students are also required to join the British Wheel of Yoga prior to joining the course (£22 via www.bwy.org.uk) and pay a course registration fee to the British Wheel on the first day of the course of £45.

Students should have 2 years experience of attending Yoga classes as a pre-requisite for joining the course.

The course will be taught by Dave Charlton who is a Diploma Course Tutor for the British Wheel. For more details about Dave and the viniyoga of Yoga please see www.livingyoga.org.uk

The venue for the course is Yoga Junction, Unit 24, City North, Fonthill Road. Finsbury Park, London N4 3HF (see www.yogajunction.co.uk).

To register 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. Please also include the course deposit of £250, cheques made payable to Living Yoga. Send all correspondence to Living Yoga, Haywain Cottage, Priestfields, Hanley Castle, Worcester, WR8 0AH. Alternatively an application may be made via the website and the deposit paid online at www.livingyoga.org.uk

Prior to formal acceptance on the course, students will be asked to attend an informal interview or attend a workshop run by the course tutor.