

## 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).

### **Length of Course:**

The course will run over a 10-month period from April 2020 to January 2021 at Hoylake Parade Community Centre, Hoyle Road, Hoylake, Wirral. Each course day will be on a Sunday and will start at 10am and finish at 5pm with 60 mins for lunch.

The course will run on the following dates: 05/04/20, 03/05/20, 07/06/20, 05/07/20, 09/08/20, 06/09/20, 04/10/20, 01/11/20, 06/12/20, 10/01/21.

### **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 tutor from the selection under the heading [Talks/Discussions](#) pg.3\* having considered the students choices.

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 £100 payable on acceptance to the course. The remaining £500 course fees can be paid in full at the start of the course or by ten monthly instalments of £50 payable by BACS starting on 1st April 2020. 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:**

Should you decide not to complete the course, no further payment will be required but no refund will be given on anything paid. Should you miss a session, payment will still be required for that session. Please note certificates cannot be awarded for attendance for fewer than 8 of the 10 sessions. In the event of the course not taking place due to lack of numbers all money will be refunded.

## **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.

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

## **About the Tutor**



We are Paul and Steve Smith and are directors of Yogasmiths Limited. We have been practicing yoga since 2011 (Steve) and 2005 (Paul). We run popular weekly Traditional Hatha Yoga classes for all abilities, Gentle Years Yoga chair-based classes, workshops, retreats and pop-up yoga events. We teach the British Wheel of Yoga staged approach and enjoy making yoga available to all, our youngest student is 11 and our oldest 91! We have taught at the Wirral Yoga Festival twice, represented the British

Wheel of Yoga at the Manchester Om Yoga show and also featured in a number of magazines.



We have undertaken a number of yoga teacher trainings, a large amount of additional training and continue to do so every year. You can find out further details on our website [www.yogasmiths.org/about](http://www.yogasmiths.org/about)

Paul has a background in Learning and Development. Steve works part-time in the NHS and is experienced in teaching new trainee undergraduates and other medical professionals and developing them. We are both passionate about making learning interesting, fun and relevant. We enjoy delving into the rich history and philosophy of yoga and looking at practical ways to live yoga.

## **The Venue**

The course will be held in Hoylake Parade Community Centre in Hoyle Road, Hoylake, Wirral, Merseyside, CH47 3AG. It is a vibrant community centre that offers a range of classes every week and is where we teach 5 of our regular weekly classes. The centre has a car park, disabled access and a café. We will be in the Rehearsal room on the 1<sup>st</sup> floor. There are regular buses from around the area to Hoylake and the nearest train station is Manor Road which is a short walk away.

Further details of the centre can be found on their website at: <https://hoylakeparade.com>

## **Application Procedure**

Please find attached the application form for the course. Please complete and return this at your earliest convenience.

## **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>