BWY AT THE HEART OF YOGA

BRITISH WHEEL OF YOGA TRAINING

FOUNDATION COURSE LEVEL 1

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.

YOGASMITHS

The core syllabus includes preparation for practice, 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.

Length of Course

The 60 hour course will run over a 10 month period from Saturday 13th June 2026 to Saturday 13th March 2027 at St Bridget's Centre in West Kirby, Wirral.

Each course day will be on a Saturday and will start at 10am and finish at 5pm with 60 mins for lunch.

The course will run on the following dates:

13/06/26, 11/07/26, 08/08/26, 05/09/26, 10/10/26, 14/11/26, 05/12/26, 09/01/27, 13/02/27, 13/03/27

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).

Location

The course will run at St Bridget's Centre in West Kirby. We will be in the lovely Hilbre Room which is a peaceful, airy, light room with a lovely view across to the church.

The address is:
St Bridget's Centre
St Bridget's Lane
West Kirby
Wirral
CH48 3JT

Cost

Total course fees will be £699. There is a non-refundable deposit of £149 payable on acceptance to the course. The remaining £550 course fees can be paid in full at the start of the course or by ten monthly instalments of £55 payable by BACS starting on 1st June 2026. This price includes a BWY course registration fee of £60. This is paid via the course tutor to the BWY.

All students must also become members of the BWY (cost £46). Membership must be via BWY Central Office or website.

There is also a recommended text to purchase, The Yoga Sutras of Patanjali by Sri Swami Satchidananda (Revised edition published 2012 ISBN 9781938477072 and published by Integral Yoga Publications).

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.

About the Tutors

We are Paul and Steve Smith and are directors of Yogasmiths Limited. We have been practising 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! 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

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.

Application Procedure

Please complete the application form and return to us at enquiries@yogasmiths.org

Policies and Procedures for learners

The BWY is committed to setting and maintaining high standards of training throughout all their courses. To ensure that they create a safe and effective learning environment for all learners they have a range of policies to assist both the tutor and the learner. Their policies and procedures but they can be found on their website using the following links:

Equality and Diversity (and Reasonable Adjustments) Policy

https://www.bwy.org.uk/about-bwy/key-policies/edi-policy/

Complaints Procedure

https://www.bwy.org.uk/about-bwy/key-policies/complaints-policy/

Further information

If you have any questions about the course or for an informal chat about the course you can contact us at 07834 268 052 or at enquiries@yogasmiths.org