

BWY FOUNDATION COURSE 2023

My name is **Andrea Newman** and I'm very much looking forward to welcoming a new group of students to my next BWY Foundation Course beginning in June 2023. You can find out more about me and my work here <http://www.yogaandrolfing.co.uk>



This course will **broaden your knowledge of yoga**, and teach you how to put together safe, balanced and appropriate short practices for yourself at home. By the end of the course you will feel more confident about adapting your personal practice to any changing needs and limitations.

The **new online format** is designed to make the course accessible to more people and to suit current circumstances, avoiding travel issues and costs, and health restrictions. I have been working on Zoom since 2020 and over that time have developed ways of using the platform creatively to enhance learning and connection.



Throughout the course you will keep a home **practice diary** to self-reflect and to document your progress, as you follow a structured programme adapted to your personal needs across the 9 months.

I will create a **safe and supportive space** in which you can explore yoga and connect with others in the group. I have been teaching yoga since 1994, and training yoga teachers since 2003. I will use my knowledge and experience to support and guide you through the process of the course.

Please don't hesitate to get in touch if you have any questions after having read through all the information below. **Drop me a line** if you'd like to have an informal chat about the suitability of the course for you.

I look forward to hearing from you.
Andrea



FAQs

Who is this course for?

This course is for yoga practitioners who wish to delve more deeply into yoga and to develop their personal yoga practice. This course is also an ideal preparation for those who are considering training to become a yoga teacher, and it is a pre-requisite for many yoga teacher training courses.



What will I get from taking this course?

As you work through this course you will begin to feel more confident and established in your own personal yoga practice. You will be given support and coaching from your tutor. You will learn about the philosophy that underpins yoga and its relevance to modern life. You will receive a BWY Foundation Course Certificate on successful completion of the course and you will make some new friends along the way!

Is there any homework?

Yes. You will keep a home practice diary throughout, which will give you motivation to practice, plus time for self-reflection. Reading from the course book is also required.

What will I learn about?

On this course you will delve more deeply into a wide variety of yoga practices, some of which are not commonly taught in weekly yoga classes. You will learn about the history, esoteric theories and philosophical background of yoga. You will learn about different approaches to yoga practice. You will learn to adapt your practice for life limitations, eg. perceived lack of time, space, motivation, or ability. You will learn how to maximise your practice to increase resilience.

I've been practising yoga for years – is it worth me doing this course?



The BWY Foundation Course offers much more than you can learn from general weekly yoga classes. It provides a comprehensive grounding in basic practical techniques taught in the context of the philosophy that underpins yoga.

All members of the group will start from where they are now and move forward from there.



The syllabus

Have a read through the BWY Foundation Course syllabus (if you didn't receive it along with this information pack, please get in touch).

It is a wide-ranging course that allows you to learn practices that you have perhaps not covered in weekly yoga classes, and also allows time for discussion of the methods and purpose of the practices.

We will look at the history of yoga, and explore the philosophy that underpins our yoga practice. There is no dogma in yoga. You will explore the philosophical concepts in relation to your own life and personal beliefs.

For people considering going on to do the BWY Yoga Teaching Diploma, the Foundation Course gives you an essential grounding of knowledge and a chance to focus solely on your own personal yoga practice before moving on to think about teaching others.

Course requirements

To be accepted on the course you must have been attending regular weekly yoga classes for at least two years, and you must be a BWY member. See how to join here www.bwy.org.uk



Physical limitations do NOT preclude full participation in the course. All are welcome to apply.

Certification is based on attendance and completion of the required home study and completion of a home practice diary. You must attend a minimum of 80% of course hours (Zoom sessions plus online study) to receive the Foundation Course certificate.

Students are required to practice regularly throughout the course and are asked to reflect upon and make notes on their practice in journal form.

There are no formal assessments. A Progress and Achievement Form will be completed by all students which includes a short report from the tutor. (If you apply for a BWY Teacher Training Course in the future, the tutor may ask to see a copy of this.)

Course dates 2023

Day 1: 24 Jun
 Day 2: 15 Jul
 Day 3: 16 Sep
 Day 4: 14 Oct
 Day 5: 11 Nov
 Day 6: 9 Dec
 Day 7: 13 Jan 24
 Day 8: 10 Feb 24
 Day 9: 2 Mar 24

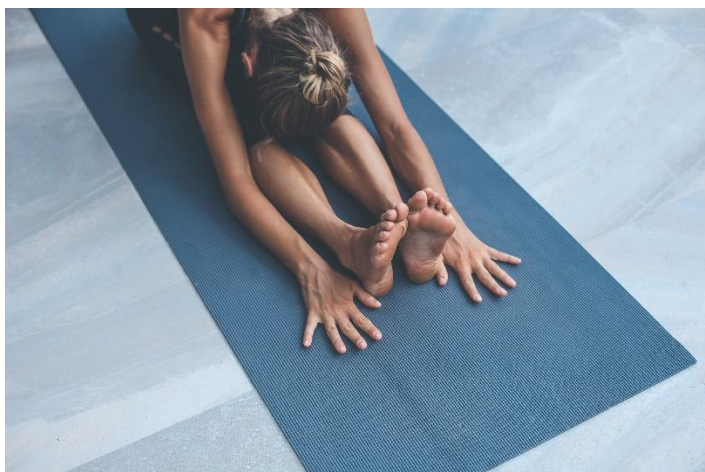


The format

This course will consist of 9 Saturdays, 10.00am-3.30pm on Zoom. 1-1.5 hours of online home study must be completed before each study day.

There will be a short morning tea break, and 45 minutes for lunch on each study day. The day's activities will be varied, with most of the asana practice in the morning.

You will need to be able to connect to the internet, in a private room with space for a yoga mat that allows you to be visible on screen.

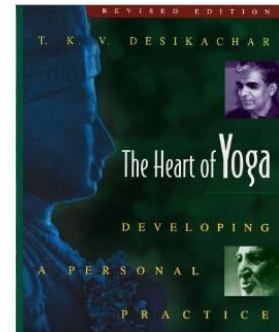


Course fees and expenses

Because of the current financial climate, the course fee remains at the 2015 price of £660. This includes 60 hours of teaching, all handouts, course materials and administration. This fee includes a BWY course registration fee of £60.

Other expenses to consider:

- *The Heart of Yoga* by TKV Desikachar is the set book for this course, and you will need to purchase your own copy.
- If not already a member, you will need to join the British Wheel of Yoga as an ordinary member, which you can do at www.bwy.org.uk



Payment terms

A non-refundable deposit of £260 confirms your acceptance of a place on the course. The remaining £400 is payable one month before the start of the course.

All fees are non-refundable within one month of the start of the course. If a student withdraws before the start of the course, or during the course, no refund is available unless there is someone on the waiting list able to take their place (in this case the full fee, less £100, will be refunded).

Exceptional circumstances: In exceptional unavoidable unforeseen circumstances every effort will be made to make some reimbursement where possible.

Hardship: If the payment arrangements prevent you from taking this course, please discuss this with Andrea privately before accepting a place on the course. Staged payments are possible, and some hardship concessionary places are available.

If the course is cancelled for any reason, a full refund of all fees, including deposits, will be given.

Meeting your tutor

Once your application has been submitted and accepted, you will be invited to an informal interview. To help your decision-making process I would strongly advise that you also attend one of my yoga classes, a one-to-one session or a workshop. This will give you an idea of my teaching style and approach.

See my website for details of my Wednesday evening Zoom class (from January 2023). Do get in touch if you'd like to come and I'll offer you a special drop-in rate. If you are interested in attending one of my workshops advertised as for yoga teachers only, please discuss this with me as it may be possible to join.

How to apply

You can apply for a place on this Foundation Course by completing and returning the application form. (Email andrea@yogauk.com if you didn't receive a copy with this information pack.)

The maximum number of students on this course is 16 and the minimum number is 8. Places will be offered on a first come first served basis to suitable candidates after interview. Admissions will be closed when the course is full and a waiting list will be started. Admissions may be possible after the start date if there are spaces available.

*Please note: you must be a BWY member in order to accept a place on the course. **If you are not yet a member, please indicate this on the application form where it asks for your membership number.** You will need to forward your membership number to me as soon as you have it so that your course registration can be completed.*

