

## 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 minimum course length is 60 hours; one day a month over a period of 10 months

### **The Course:**

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 written homework and the course is not formally assessed.

### **Cost:**

Tutor's course fees will be £600. In addition there is a £60 BWY registration fee, for certification and verification of the course.

All students are also required to become members of the British Wheel of Yoga – cost £37.

There is also a requirement to purchase books from the course reading list.

### **Payment:**

A non-refundable deposit of £100 is required to secure your place, along with the £60 registration fee. Payment is via BACS to the course tutor.

Payment of the remaining £500 can be paid in one single instalment or split into 2 or 3 instalments. Students in financial hardship may discuss alternative payment plans with the tutor. Full payment should be received by the start date of the course.

Students are required to arrange their own BWY membership (£37) via the BWY website or Central Office approximately one month prior to the start of the course.

## **Refund policy:**

After joining the course, all fees are non-refundable should you decide to withdraw.

Refunds are not given for any missed sessions. Please note that you are required to attend a minimum of 8 of the 10 sessions in order to receive your BWY certificate.

In the event of the course being cancelled 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: Janice Procter – Radiance Yoga**

Janice has been practising yoga since 2005, having attended her first yoga classes while recovering from illness. The classes were a healing balm, and Janice was drawn to the non-competitive nature of yoga - how it teaches you to listen to your own unique body and adapting the postures so that they fit your needs. Through yoga, she learnt how to know when the mind is beginning to feel unsettled and bring it back to balance and tranquillity. Janice has a gentle and inclusive approach in her teaching, guiding students to build confidence and trust in their body and encouraging you to love the body that you're in.

Inspired by the transformation that yoga made in her life and her wonderful teachers, Janice wanted to share the gifts of yoga with others. She trained as a teacher with the British Wheel of Yoga and completed the Level 4 Diploma in Teaching Yoga. Further training includes Restorative Yoga (British Wheel of Yoga), Yoga Nidra (YogaCampus) and Yoga for People with Cancer (British Wheel of Yoga). Janice has been teaching yoga since 2016.

## **The Venue**

The course will be held at the Village Hall, in Great Gidding Cambridgeshire – a beautiful and quiet village surrounded by countryside. There is plenty of parking and the hall is easily accessible.

## **Application Procedure**

The completed application form, including details of references, should be emailed to the tutor.

## **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>