

# FOUNDATION COURSE 1

## COURSE INFORMATION

*"Yoga does not transform the way we see things, it transforms the person who sees"*

- BKS Iyengar



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# COURSE FORMAT

## STUDY DAYS

The 60 contact hours of this course will be spread over 9 study days.

In the Study Days, you will experience a blend of practical yoga and theory.

The practical element of the Study Days includes asana (postures), pranayama (breathing practices), relaxation and meditation.

Theory will be presented by tutor-talks, group discussions, PowerPoint presentations, and group work with your fellow students.

## HOME STUDY / PRACTISE

*“Yoga is a light which once lit will never dim. The better your practice, the stronger the flame” BKS Iyengar*

Yoga is something to be experienced – the more you practise, the more you will feel its benefits and transformational effects.

And so, throughout this course you will be expected to develop a regular home practise (this is in addition to your regular yoga class). You will be required to keep a reflective record of your home practise to chart your progress.

There are no formal assignments or tests, but after each Study Day there will be recommended reading and suggestions for your home practise and optional further study.

## SUPPORTING YOU THROUGHOUT THE COURSE

For the duration of the course you will have access to the FC Student Portal on the Radiance Yoga website. This will have everything that you need to support your learning, and each of the 10 Study Days will have:

- Study Day Agenda
- Handouts
- A yoga video relevant to the Study Day (this might be a posture/asana practice, guided relaxation, meditation or breathing practice)

As a group, we can stay connected to support each other between Study Days (we will decide as a group how to do this e.g., WhatsApp / Facebook group).

We can also set up a ‘Buddy System’ – pairing up to encourage and inspire each other with your personal home practise between Study Days and beyond.



# COURSE CONTENT

## COURSE OBJECTIVES / INTENDED LEARNING OUTCOMES

At the end of the course, it is intended that you will be able to:

- Practise a range of yoga postures (asana) from the course syllabus
- Practise a range of basic breathing techniques, including the Full Yoga Breath
- Practise a variety of Pranayama techniques
- Practise a range of relaxation techniques
- Explain the use of relaxation within the Western Yoga tradition
- Use the concentration/meditation techniques stated in the syllabus
- Chant the mantra stated in the syllabus, led by the Course Tutor
- Plan a simple, personal asana (yoga posture) practice to meet your own needs, based on sound principles of preparation, body usage, balanced content, using modifications and counterposes as appropriate.
- Define commonly used Sanskrit terms relating to yoga practices on the syllabus
- Define the names of the yoga paths
- Define the Eight Limbs of yoga
- Observe and record the effects of a personal yoga practice
- Explain the requirements and next steps for the BWY Teacher Diploma course

## SYLLABUS

### Asana (postures)

- Preparing the muscles and joints for your yoga practice
- Basic overview of spinal movement
- Methods, benefits, precautions and counterposes for the asana categories listed
- Exploration of 26 asana within the following categories:
  - Forward Bends
  - Backward Bends
  - Side bends
  - Twists
  - Balances
  - Inversions
  - Seated Postures
  - Neutral spinal alignment
  - Posture Sequence: Surya Namaskar (Salute to the Sun)

### Mudras

- The use of key Hasta Mudras (hand gestures/energy seal)

### Basic Breathing

- Clearing the air passages, including kriya - kapalabhati / jala neti
- Co-ordination of breath and movement
- Use of breath in asana
- Three Part Breath / Full Yoga Breath

### Relaxation

- Understanding relaxation in Yoga, Eastern / Western styles of relaxation
- Techniques: progressive muscular, differential, sensory awareness, rotation of consciousness, use of affirmations, guided visualisation

### Concentration / Meditation

- A range of techniques using the breath as a point of focus
- Use of an object
- Mantra

### Pranayama

- A range of techniques: ujjayi, brahmari, anuloma, viloma, nadi shodhana
- Practising breathing ratios
- The 4 components of the breath
- Samavritti
- Visamavritti

### Chanting

- Om
- Bija Mantras

### Talks & Discussions

- A brief history of yoga
- Sanskrit names & terms
- The paths of yoga: Hatha, Raja, Bhakti, Karma, Jnana
- The Eight Limbs of Yoga
- What is Prana?
- Overview of the energy body/pranic body: Chakras and Nadis
- The mechanics of breathing
- Styles & traditions of yoga
- Overview of musculoskeletal system: joints & muscles



## CERTIFICATION / EVALUATION

There are no formal exams or assignments for the Foundation Course, but you will be asked to complete a short questionnaire at the beginning and end of the course to monitor your progress and achievements against each element of the syllabus.

You will also be asked to complete a Personal Profile at the end of the course, summarising your development and future goals, and feedback will be provided from the Course Tutor.

A certificate of attendance is awarded by the British Wheel of Yoga, provided there has been 80% attendance and all course fees have been paid (including BWY membership).



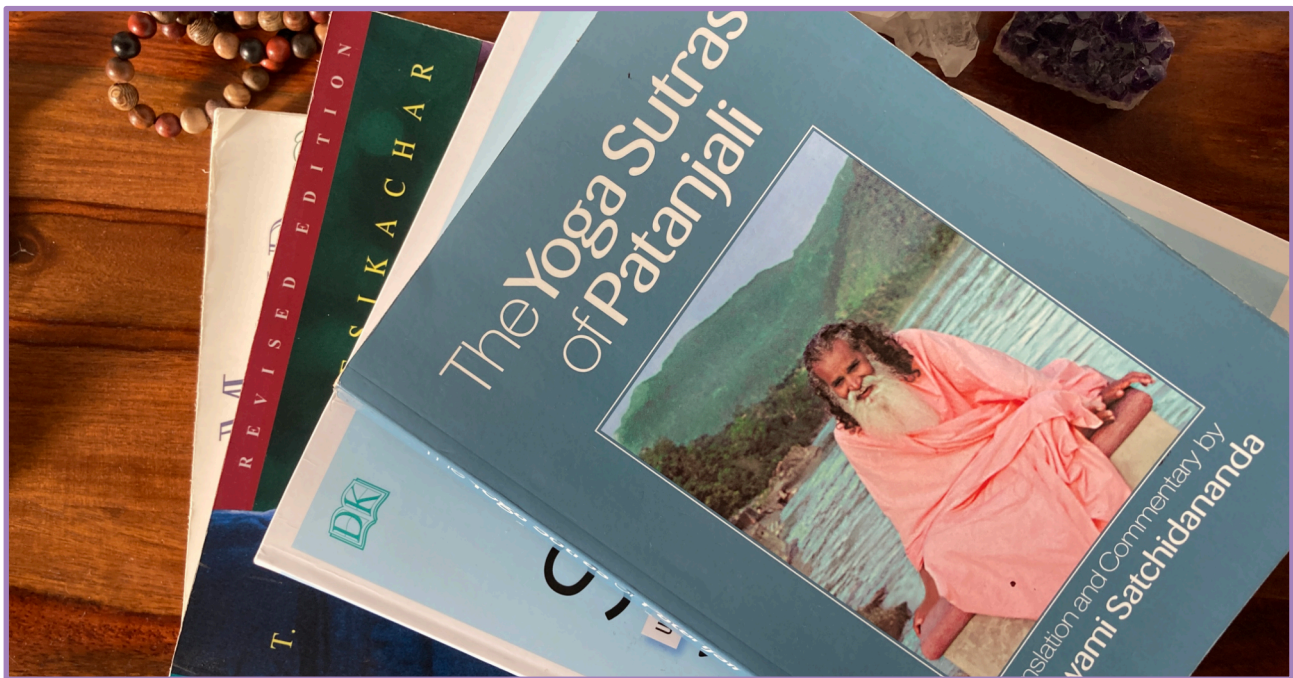
# WHAT YOU WILL NEED

## BOOK LIST

The following books are required for this course – a wonderful selection of yogic wisdom to support your learning.

- **The Yoga Sutras of Patanjali**, Sri Swami Satchidananda
- **Science of Yoga**, Ann Swanson
- **The Heart of Yoga**, TKV Desikachar
- **Yoga Mind, Body & Spirit**, Donna Farhi

Books may be purchased second hand to save trees and reduce costs.



## WHAT TO BRING WITH YOU

- Your usual yoga kit: mat, strap, block, bricks
- A copy of the day's agenda
- Any course books specified on the day's agenda
- Notebook & pen
- Lunch
- Refreshments will usually be provided throughout the day, but if Covid regulations at the time restrict this you may be required to bring your own tea/coffee/milk.
- A willingness to learn and a commitment to your own development.

# DATES & VENUE

## DATES

Sunday 6<sup>th</sup> March 2022

Sunday 27<sup>th</sup> March 2022

Sunday 24<sup>th</sup> April 2022

Sunday 22<sup>nd</sup> May 2022

Sunday 19<sup>th</sup> June 2022

Sunday 17<sup>th</sup> July 2022

Sunday 18<sup>th</sup> September 2022

Sunday 16<sup>th</sup> October 2022

Sunday 13<sup>th</sup> November 2022

All days are 09:00 - 17:15

## VENUE

**Village Hall, Main Street, Great Gidding, Cambridgeshire PE28 5NU**

The course takes place at the Village Hall in Great Gidding, a peaceful village nestled in the Cambridgeshire countryside, close to the border of Northamptonshire. Great Gidding is easily accessible from the A1 and the A14.

The Village Hall has a spacious car park.



# HOW TO APPLY

Complete the Application Form, including details of a referee, and return by email to:

**janice@radiance-yoga.co.uk**

You will be invited to attend a short interview with me (this may be via Zoom).

For full details of costs, please refer to BWY Initial Enquiry Letter.

# CONTACT

Telephone:	<b>01832 293483</b>
WhatsApp:	<b>07845 201179</b>
Email:	<b>janice@radiance-yoga.co.uk</b>
Facebook:	<b>facebook.com/radianceyoga108</b>

If you don't receive a reply to your emails within 24 hours please check your junk mail / promotions folder, and add my email address to your email contacts / safe senders.

## COVID SAFETY

All Government and British Wheel of Yoga Covid safety guidelines available at the time of the course will be applied. Guidance will be constantly reviewed throughout the course.

Numbers are kept to a maximum of 9 students to ensure we can meet requirements for social distancing.

A full Covid safety risk assessment is carried out, in collaboration with the venue, and is available on the Radiance Yoga website.

Should further Covid lockdowns prevent us from meeting in person for our study days, these sessions will move to Zoom.