**FOUNDATION COURSE LEVEL 1**

Thank you for your enquiry about the British Wheel of Yoga Foundation Course Level 1 that we offer.

# Who is this course 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 (completion of the Foundation Course would be advantageous when applying to join a BWY Diploma course and is highly recommended) but equally suitable for yoga students who ***do not*** wish to teach.

## Award:

British Wheel of Yoga Foundation Course 1 Certificate of Attendance is awarded to students who maintain their BWY membership throughout the course and achieve 80% attendance or above (please note that it is not possible to make up missed days).

**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.

# Length of Course:

The minimum course length is 60 hours (6 months). This course will run over 10 Sundays (9am to 4.15pm UK) between 15 September 2024 and 23 March 2025.

The planned dates for the course are

2024 - 15 & 29 Sept, 20 Oct, 10 & 24 Nov, 08 Dec
2025 – 12 Jan, 02 Feb, 02 & 23 Mar

# The Course:

The course is taught online (via Zoom).

The core syllabus is covered on all Foundation Courses (available to download from our website). It is taught in 60 hours of which 15 hours will be selected by the tutor from the selection under the heading Talks/Discussions on the syllabus, having considered the student’s choices.

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.

**Cost:**

The course costs £675 including the £60 BWY registration fee which will be paid via the course tutor to the BWY.

An initial deposit of £275 is required to reserve your place. The balance is due three weeks before the start of the course (please speak to us if you would like to discuss an alternative payment plan).

In addition, once you have confirmed your place, you will also need to be a member of the BWY before the course begins and for the duration of your course.  You can apply for BWY membership online at <http://www.bwy.org.uk/join-the-bwy/>

**Refund policy:**

Once you have accepted a place on this course, all course fees must be paid in full as set out above. Should you decide not to complete the course for any reason, all course fees already paid are non-refundable. If you have agreed a payment plan for the course fees you will still be required to make any outstanding payments.

There are no refunds for any sessions missed. Please note BWY certificates cannot be awarded for attendance for fewer than 8 of the 10 sessions and there is no opportunity to make up missed sessions.

In the event of the course not taking place due to lack of numbers all money will be refunded.

**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 you can find out more about the Equality and Diversity Policy, Reasonable Adjustments Policy and Complaints Procedure on the BWY’s website.

If you have any questions regarding the course or would like to apply for a place, please let me know.

I look forward to hearing from you.

Yours sincerely

Kate

Kate Plummer

Phoenix Yoga