

BWY FOUNDATION COURSE 2015-16

with Andrea Newman www.yogaandrolfing.co.uk



Course Information pack

Dear prospective student



My name is Andrea Newman and I'm gathering together a new group of yoga students for my **BWY Foundation Course** beginning in October 2015. It will take place at the Lam Rim Centre for Whole Health in Bristol BS3 3BP over 10 Thursdays.

If this interests you, please don't hesitate to get in touch if you have any questions after having read through all the information below. Or drop me a line if you'd like to have an informal chat about your suitability (contact details on my website). Also do check out my website to find out more about me and what I do www.yogaandrolfing.co.uk

I look forward to hearing from you.

With best wishes
Andrea



Who is this course for?

This course is for you if you wish to delve more deeply into yoga and take a step forward with your own personal practice. It is an ideal preparation for those who may wish to train as yoga teachers in the future but is equally suitable for yoga students who do not wish to teach. It also serves as a refresher course for experienced yoga teachers who wish to focus on their own personal practice.



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. It is an application requirement that you have at least 2 years' experience of attending weekly yoga classes. Physical limitations don't preclude full participation in the course. All are welcome to apply.

The syllabus

A copy of the BWY Foundation Course syllabus is available (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 these practices. We will also look at the history of yoga, and explore the philosophy that underpins our yoga practice. For people



British Wheel of Yoga
www.bwy.org.uk



SOUTH WEST YOGA ACADEMY
www.southwestyogaacademy.co.uk

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.

The course includes preparation for practice, asana (postures), mudra (gestures), basic breathing, kriya (cleansing practices), pranayama (breath control), concentration techniques, relaxation techniques, philosophy, and talks and discussions on the purpose of yoga.

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.

Certification is based on attendance, and you must attend a minimum of 80% of course hours to receive the Foundation Course certificate.

Students are required to practice regularly throughout the course and are encouraged to reflect upon and make notes on their practice in journal form. There are no formal assessments and the set homework is optional. 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 Diploma Course in the future, the tutor may ask to see a copy of this.

Why BWY?

This course has been developed collectively by British Wheel of Yoga tutors over many years. It is a course that I enjoy teaching very much. As a BWY member you will have access to a range of workshops and training events locally and around the country, and you will receive the quarterly Spectrum magazine in the post.



BWY is the governing body for yoga in the UK (recognised by Sport England – yoga isn't a sport of course, but it doesn't really fit in well in any other category!). BWY has for decades provided in-depth and broad-based Yoga Teacher Training Diploma courses and subsequent support and in-service training for its yoga teachers. www.bwy.org.uk

Course dates

- Day 1: 1st Oct 15
- Day 2: 15th Oct 15
- Day 3: 5th Nov 15
- Day 4: 3rd Dec 15
- Day 5: 7th Jan 16
- Day 6: 28th Jan 16
- Day 7: 11th Feb 16
- Day 8: 25th Feb 16
- Day 9: 17th Mar 16
- Day 10: 14th Apr 16



The format

This course will consist of 10 Thursdays, 9.30am-4.30pm. There will be a short morning tea break, and 45 minutes for lunch. The day's activities will be varied, with most of the asana practice in the morning.

The venue

The venue is the Centre for Whole Health within the Lam Rim Buddhist Centre. See www.centreforwholehealth.co.uk The address is: 12 Victoria Place, Bedminster, Bristol BS3 3BP.

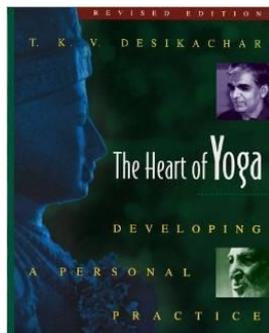
There is free and unrestricted parking in British Road and some of the residential roads turning off it. (Note that Diamond Street car park nearby is free, but limited to 3 hours.)

There is a self-service café and kitchen at the centre. You can bring a packed lunch, or there are places to eat or buy sandwiches just a minute's walk away.



Course fees and expenses

The fee for this course is £660. This includes 60 hours of teaching over 10 days, all handouts and course materials. It also includes the BWY course registration fee (£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
- Travelling expenses and possible overnight accommodation if you are coming from afar.
- Stationery.

Payment terms

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

Please note that all fees are non-refundable. If you cancel your place before the start of the course, no refund is available unless the course is fully booked and someone is able to take your place (in this case the full fee, less £100 administration charge, will be refunded).

If the payment arrangements are likely to cause you financial difficulty, please discuss this with Andrea privately before accepting a place on the course.



Meeting your tutor

Once your application has been submitted and accepted, you will be invited to an informal interview. You may find it helpful in your decision-making process to attend one of my yoga classes, one-to-one sessions or workshops if we haven't met before. This will give you an idea of my teaching style and approach and a chance to have a chat afterwards.

I currently have one weekly yoga class at the Lam Rim Centre for Whole Health on Wednesdays 10-11.30am. See my website for more details. 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 coming along to one of my workshops advertised as for yoga teachers only, please discuss this with me.

How to apply

You may apply for a place on the Foundation Course by completing and returning the application form at the end of this pack at any time.

There are places available for a maximum of 16 students. Places will be offered on a first come first served basis to suitable candidates after interview. Please send in your application by the **31st August 2015**.

(Please note: you must be a BWY member to accept a place on the course. If you are not yet a member, please indicate on the application form where it asks for your membership number. You can join via the website www.bwy.org.uk)

BWY Teacher Training Diploma 2016

For those who are considering going on to yoga teacher training.

I will be the main tutor and Course Director for the next South West Yoga Academy's **BWY Diploma course** beginning in Bristol in 2016.

There is an application and induction process for the Diploma Course which you must go through. This Foundation Course doesn't guarantee you a place on the Diploma Course. However it is a requirement that students have completed a BWY Foundation Course or equivalent to be enrolled on the Diploma and I have timed this Foundation Course to lead in to the 2016 Diploma course.



Please get in touch if you would like to receive full Diploma course information pack.

APPLICATION FORM

Course: BWY Foundation Course
Tutor: Andrea Newman
Location: Bristol

Dates: October 2015 – April 2016
Duration: 60 hours over 10 days

Please email your completed form to andrea@yogauk.com

*(Also available separately as a Word document or copy and paste into Word yourself.
Sections will expand as you type.)*

Name:	
Address:	
Postcode:	
Tel:	
Mobile:	
Email:	
BWY membership no:	
Occupation:	

How long have you practised yoga regularly?

Details of any disabilities, or physical or mental health issues which may affect your yoga practice or participation in the course. (This won't count against you in the admissions process. Your support needs, if any, will be discussed at interview.)

Your current yoga teacher's name and qualification.

Please give a brief history of your yoga experience, including style of practice, workshops attended, home practice, books read, meditation practice, etc.

Why do you wish to do this course?

