

# BWY FOUNDATION COURSE 2024

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 at the end in April 2024. 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 online format is designed to make the course accessible to people who are unable to attend an in-person course for any reason, or who prefer to work online, while also avoiding travel and associated costs. 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.



You will go on a personal journey over the 9 months of the course, and keep a home practice diary throughout to self-reflect and to document your progress.

Within a safe and supportive space you will follow a structured programme, adapted to your personal physicality and needs.

I have been teaching yoga for 30 years, and training yoga teachers for 20 years. I will use my knowledge and experience to support and guide you.

Please get in touch if you would like to attend one of the introductory workshops, which will help you decide if this course is 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. Monthly reading from the course book is also required.

What will I learn about?

On this course you will explore 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 optimise 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).

This is a wide-ranging course that allows you to learn practices that you have perhaps not covered in weekly yoga classes, and to refine your practice of familiar yoga poses. The course also provides a space 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 Teacher Training, the Foundation Course gives you an essential grounding of knowledge and a chance to focus solely on your own personal yoga practice, which is important before moving on to think about teaching others.

## Course requirements

To be accepted on the course you must have attended 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](http://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 homework 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 at the end of the course 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 2024

- Day 1: 20 April
- Day 2: 11 May
- Day 3: 1 June
- Day 4: 29 June
- Day 5: 20 July
- Day 6: 7 September
- Day 7: 5 October
- Day 8: 2 November
- Day 9: 7 December



## The format

This course consists of 9 study days which take place on Saturdays, 10.00am-4.00pm on Zoom, plus 9 online self-paced study modules.

The online modules take 1.5 - 2 hours to complete each month, accessed via the [www.yogauk.com](http://www.yogauk.com) website, to 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 taking place in the morning.

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

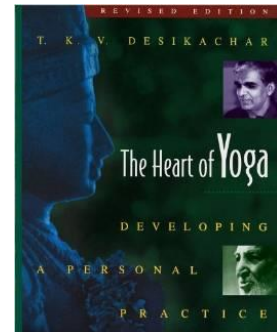


## Course fees and expenses

Because of the current financial climate, the fee for this course remains at the 2015 price of £600. This includes induction, 60 hours of teaching, all handouts, home practice coaching, course materials and administration. There is also a BWY course registration fee of £60, so the total payable is £660.

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](http://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 after one month before 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. Delayed staged payments of the fee may be possible, and a limited number of hardship concessionary places are available.

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

## Introductory workshops

If you are considering this course, or planning to apply, please come along to one or both of these workshops. They are free of charge.

Introductory workshop: 3 February 2024 10am-1pm

Induction workshop: 16 March 2024 10am-1pm

## How to apply

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

You also need to arrange to attend at least one of the workshops listed above, or one of my yoga classes, or a one-to-one session. This will allow you to experience my teaching style and approach, and also allows me to observe your personal practice style.

Once your application form has been submitted and accepted, and you have experienced my teaching, you will be invited to an online interview.

The maximum number of students on this course is 16 and the minimum number is 6. 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 within 2 months 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 on acceptance of your place so that your course registration can be completed.*

