



## British Wheel of Yoga (BWY)

### Foundation Course One

starts November 2020

with Jacqui Jones

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If you want to gain a greater understanding of Yoga and deepen your practice, then this highly regarded 60-hour, exciting course is perfect for you. Over a 9-month period you will expand your knowledge and experience by immersing yourself in the incredible practice of Yoga. Keeping a personal Yoga Journal, you will chart the journey of your own practice over the year, as an important aspect of the course is encouraging self-reflection. The course provides a comprehensive grounding not just in Asana and Pranayama, but also an understanding of Yoga philosophy and theory. It is also excellent preparation for anyone who might want to train to teach yoga in the future (it is advantageous when applying for BWY Diploma Courses and is highly recommended), but it is also suitable for students who don't want to teach. See the attached course syllabus for details of this practical personal development course which has no submitted written work, is not formally assessed and has a maximum of 16 students per course.

#### Foundation Course Student Requirements:

1. There will be a short interview for each candidate in order to provide the opportunity to find out their suitability for the course. Please bear in mind, that this course is an investment into your development and requires commitment for its duration.
2. To receive the BWY Foundation Course certificate students must attend a minimum of 80% of the course.
3. Be a member or join BWY before commencement of the course.
4. During the course have a regular practice and keep a Personal Yoga Journal.

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#### Venue and dates:

Vicars' Court, The Old School, Vicars' Terrace, Allerton Bywater, Castleford, WF10 2DJ.

Introduction Session - Saturday 17<sup>th</sup> October 2020 - 1pm-4pm - £15

A chance to meet the tutor and other interested students. It will include a yoga session, essential course information, a look at the set books and the opportunity to ask questions.

Course Dates TBC 9am-4.30pm (10 full Saturdays over 9 months)

21 <sup>st</sup> November 2020	24 <sup>th</sup> April 2021
12 <sup>th</sup> December 2020	22 <sup>nd</sup> May 2021
23 <sup>rd</sup> January 2021	12 <sup>th</sup> June 2021
13 <sup>th</sup> February 2021	3 <sup>rd</sup> July 2021
20 <sup>th</sup> March 2021	24 <sup>th</sup> July 2021

Course Texts: "The Heart of Yoga" by TKV Desikachar. "Asana, Pranayama, Mudra, Bandha" by Swami Satyananda Saraswati. "The Yoga Sutras of Patanjali" by Swami Satchidananda

#### Costs

Full course fee <b>£500</b>	BWY Course Registration Fee <b>£60</b>
Course books <b>£30</b>	BWY Annual Membership <b>£37</b>

After confirmation of enrolment on the course a deposit of £125 is required to book your place, along with the £60 BWY Course Registration Fee as a separate cheque made payable to BWY. The balance of £375 is due on the first day of the course. Once paid these fees are non-refundable. Pay by BACS transfer, cheque or payment online SOON. Account Sort Code: 40-16-27 Account Number: 21440675 or cheques to 'Calma Yoga' or Jacqui Jones.

## Application process

- Read the course syllabus [here](#).
- Download application form [here](#).
- Download teacher reference form [here](#).
- You can complete the forms using the 'Fill & Sign' feature of Adobe Acrobat.
- Return completed teacher reference form and signed application form.
- Interview.
- Join BWY [here](#).
- Pay BWY registration fee and deposit or full course fees to secure your place.
- Arrive on the first day of the course with your books and final payment.

## About Jacqui – read more on my website [www.calmayoga.co.uk](http://www.calmayoga.co.uk)

I teach Yoga because I love it so much and want to pass on its benefits, both physical and mental, which have been essential to me for a healthy life. I believe that in our fast-paced modern environment Yoga gives us a way to keep our equilibrium. In my 17 years of teaching I have had more than a dozen students go on to train to teach. Initially I lived in an area where finding a class was difficult, now I am surrounded by a community of teachers many of whom I have contributed to their personal journey to teaching. I find this very fulfilling and inspiring and have continued this journey to teaching Foundation Courses myself.

<p><b>Quotes from 2019/20 Foundation Course Students</b> Three out of the 14 students on the 2019/20 Foundation Course at Allerton Bywater have already applied to study the BWY Teacher Diploma starting in 2020 in Huddersfield.</p> <p><i>"Really informative and enjoyable."</i> <b>Jenny Pye</b> <i>"I love the balance of content between all aspects of yoga, from spiritual background through to asana, it's made me rethink my personal practice completely. A truly enjoyable course."</i> <b>Dave Pyne</b> <i>"Learning more about the history and philosophy of Yoga and being able to bring this to asana has enriched my personal practice."</i> <b>Kim Fuller</b></p>	<p>'Having previously practiced yoga for many years I started to attend Jacqui's classes after a short break in my yoga journey. Jacqui's style of teaching really reminded me of why I first came to yoga and why I loved it so much. Jacqui teaches with so much knowledge and compassion and is a natural teacher. Her teachings and classes inspired me to deepen my knowledge of yoga which led me to the BWY Foundation Course and then onto the Teaching Certificate. I can't thank Jacqui enough for reminding me why I need yoga in my life and for inspiring me to find my new career.'</p> <p><b>Clare Holmes- Yoga Teacher</b></p>
<p>'Jacqui doesn't teach just yoga postures, her teachings are meaningful and heart-warming, yoga is about union and creating a path for self-discovery. Jacqui was that teacher who helped me to deepen my knowledge and practice. I would highly encourage anyone considering attending classes with Jacqui. Great teachings from a forever student.'</p> <p><b>Emma Thomas – Yoga Teacher &amp; founder Santosh Yoga Studio</b></p>	<p>"I started to take Jacqui's classes because of a neck problem but I soon became hooked. Jacqui not only explains and teaches each asana clearly but incorporates interesting quotes according to the theme. They could be on current topics or Yoga philosophy, but they sparked an interest in me to go further into Yoga as a complete, rather than a purely physical, practice and I've never regretted it!"</p> <p><b>Julie Belford – Yoga Teacher</b></p>
<p>Attending Jacqui's classes and speaking to her, as she does walk her talk, really inspired me to find out more about Yoga and to deepen my knowledge about the other aspects of it too. The mind and spiritual side. The more you learn the more there is to learn which then thanks to Jacqui lead me on to wanting to teach.'</p> <p><b>Natalie Young – Yoga Teacher</b></p>	<p>'Jacqui teaches her classes with great sensitivity and effectiveness. Her classes are always interesting as asana and pranayama practices are combined with yogic philosophy (both ancient and modern). I leave class feeling I can practice yoga with confidence and also feeling much more in touch with myself.'</p> <p><b>Alison Leach – Yoga Teacher</b></p>