

## Application Form

**Name:**

**Address:**

**Tel No:**

**Mobile No:**

**Email:**

**BWY Membership No.** (if already a member)

**Please outline your experience of Yoga:**

Do you practice any particular style or tradition of Yoga?

How long have you been practicing?

Any other information:



THE BRITISH WHEEL OF  
**YOGA**  
Qualified Teacher

# **BWY**

## **FOUNDATION COURSE**

### **LEVEL 1**

Plymouth  
October 2010 – March 2011

**Jane Harris**

BWY Dip & aYs Practitioner

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[www.athayoga.org.uk](http://www.athayoga.org.uk)

### Who is this course for?

This course is for students with a minimum of two years experience of yoga from any background or tradition. It is suitable for students wishing to continue on to teacher training and for those wishing to deepen their personal practice without any intention of teaching in the future.

You will need a commitment to personal practice.

In addition to the core syllabus this course will emphasise the use and importance of the breath during practice, simple home practice planning skills and the relevance of Patanjali's Yoga Sutra.

A certificate will be awarded on completion of this course.

**A certificate is reliant upon a minimum attendance rate of 80%.**

**You must be a member of the British Wheel of Yoga before starting this course.**

The easiest way to join is online via [BWY.org.uk](http://BWY.org.uk) or you can ask me for an application form.

### Venue

Tothill Community Centre, Knighton Rd, Plymouth, Devon PL4 9DA. There is plenty of car parking at this venue.

### Dates & Timings

Ten Saturdays – Arrivals are from 9am.

Starting at 9.30am. Finishing at 4.30pm.

#### Probable dates (to be confirmed)

- |                              |                          |
|------------------------------|--------------------------|
| 1) 9 <sup>th</sup> Oct 2010  | 6) 12 <sup>th</sup> Feb  |
| 2) 13 <sup>th</sup> Nov      | 7) 26 <sup>th</sup> Feb  |
| 3) 11 <sup>th</sup> Dec      | 8) 12 <sup>th</sup> Mar  |
| 4) 8 <sup>th</sup> Jan       | 9) 26 <sup>th</sup> Mar  |
| 5) 29 <sup>th</sup> Jan 2011 | 10) 16 <sup>th</sup> Apr |

### Equipment

You will need to bring a yoga mat, paper and pen, a course file will be provided.

This course has only one set book - "The Heart of Yoga" by TKV Desikachar. You may also choose to purchase a copy of Swami Satchidananda's commentary on Patanjali's Yoga Sutras.

Please bring a packed lunch. Beverages will be available throughout the day.

### Cost

The cost of this course is £400 plus a £45 registration fee payable to the BWY. A non-refundable deposit of £160 is required before the course starts and this will be set against the last four meetings. All meetings must be paid for even if not attended.

Cheques are payable to Jane Harris.

### About the Tutor

Jane is a qualified yoga teacher and was awarded a teaching diploma by the British Wheel of Yoga in 2001. Jane has also studied with Paul Harvey, completing the four year yoga teaching and therapy course with Paul for the Association of Yoga Studies (formerly Viniyoga Britain) in 2006, and his further two year long post-graduate training in 2008. Jane is currently a Diploma Course Tutor for the BWY and plans to begin her first teacher training course in September 2010/Spring 2011.

### Further Information

If you require any further information about this course please don't hesitate to give me a ring.