FOUNDATION COURSE LEVEL 1

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

Who it is 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* but equally suitable for yoga students who ***do not*** wish to teach.

Award:
British Wheel of Yoga Foundation Course 1 Certificate of Attendance.

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 (see below).

Length of Course:
The course is 60 hours in duration and will be taught over six months, from October 2025 - March 2026. The dates are:
2025: October 4, November 1 and 2, December 13 and 14
2026: January 17 and 18, February 18, March 1, March 21

In addition there are four online sessions (these will be recorded and replays available) on October 16, November 6, January 8 and February 19, 6.00pm - 8.00pm.

We are also holding an **introductory session** on Friday Sept 12 at 6.30-8.00pm. This is a chance to meet the teachers and fellow students, and discover more about what we'll be doing over the coming months.

The Course:
The core syllabus includes preparation for practise, 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 written homework and the course is not formally assessed.

Cost:
Course fees are £695. This includes 60 contact hours of teaching with two highly experienced BWY instructors, the introductory session and all course hand-outs. There is a non-refundable deposit of £235 payable on acceptance to the course, followed by 2 instalments of £230 payable by BACs due on Day 1 of the course and Day 6.
In addition there's a course registration fee of £60 and students must become members of the BWY (annual one off cost £46). This is done via BWY Central Office or website.

Refund policy:
Should you decide not to complete the course, no further payment will be required but no refund will be given on anything paid. Should you miss a session payment will still be required for that session. Please note certificates cannot be awarded for attendance for fewer than 8 of the 10

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

* *Completion of the Foundation Course would be advantageous when applying to join a BWY Diploma course and is highly recommended.*

About the Tutors

Tamsin Kelly is a fully qualified British Wheel of Yoga teacher and the owner of Studio Yoga. She has been practising yoga for 30 years and teaching since 2008.
Her general classes cover yoga postures, together with breathing techniques and relaxation. Tamsin believes that yoga is for everyone, whatever age and stage of life they are at. She is able to adapt and modify her classes to ensure the poses included are safe and accessible. She is also teaches Yoga for Healthy Lower Backs and Restorative Yoga classes.

Tamsin's website is www.studioyoga.co.uk or www.facebook.com/studioyogastockbridge

Lorna Chapman has been teaching in Hampshire since 2003. She teaches hatha, vinyasa and restorative yoga in her general classes, which are suitable for all ages and abilities. She also offers office yoga sessions and workshops for specific sports, such as cyclists and runners. In summer, she teaches SUP (Stand-Up Paddle board) Yoga on rivers and lakes. She also teaches regular yoga holidays abroad.
You can find out more about Lorna and what she does on her website: www.lunayogawinchester.co.uk and yoga Facebook pages: www.facebook.com/lornawinchester and www.facebook.com/lunayogaholidays

The Venue

The course is at: Studio Yoga, Tiebridge Farm, North Houghton, Stockbridge, SO20 6LQ.
There is free parking available on-site - accessing the studio by public transport is difficult.
The studio is fully equipped but do bring your own mats and any other props you like to use. Hot and cold drinks and snacks are provided but please bring your own lunch. There is a small kitchen area with a microwave.

Application Procedure

Contact either Tamsin or Lorna if you would like any more information about the course.
Email Tamsin: tamsin@studioyoga.co.uk or call 07764 949317
Email Lorna: lorna@lunayoga.co.uk or call 07775 732644
To apply please fill out the application form at the bottom of the page and return it by email.

Policies and Procedures for learners

The BWY is committed to setting and maintaining high standards of training throughout all our courses. We are constantly reviewing our policies and procedures but they can be found on our website using the following links:

Equality and Diversity Policy

https://www.bwy.org.uk/pdf/1566219008Equality%20and%20Diversity%20Policy%202019.pdf

Reasonable Adjustments Policy

https://www.bwy.org.uk/pdf/1492779341BWYT%20Reasonable%20Adjustments%20Policy%20March%202016.pdf

Complaints Procedure

https://www.bwy.org.uk/pdf/1555569087Complaints%20Policy%202018.pdf

BWY FOUNDATION COURSE LEVEL 1 APPLICATION FORM

Send your completed form back to tamsin@studioyoga.co.uk or lorna@lunayoga.co.uk

Personal Details

Full Name:

BWY Membership Number:

Non Members – please note you will need to become a BWY member should your application be successful

Address:

Telephone (day):

Telephone (evening):

Mobile:

Email address:

Personal Statement – approximately 250 words

Please let me know as much as possible about yourself in your written statement, why you wish to join the Foundation Course. Students with disabilities can present this statement in different formats e.g. word processed, audio tape etc.

Statement of Commitment

Regular attendance as well as reading and research will be expected from you during the courses.

Are you willing to commit yourself to this course and are you sure you have time for it?

Yes / No

Have you carefully read the relevant course syllabus and are you willing to abide by the protocol outlined?

Yes / No

Signature: Date:

Give the names and email address of 2 referees:
Yoga teacher:
referee:

This form collects your name, address, contact number and email address so that your tutor can communicate with you and provide assistance. Please check our Data Protection Policy which is on our website bwy.org.uk to see how we protect and manage your submitted data.

I consent to having British Wheel of Yoga collect my details via this form □

Send your completed form back to tamsin@studioyoga.co.uk or lorna@lunayoga.co.uk