



British Wheel of Yoga Foundation Course 1

The British Wheel of Yoga Foundation Course 1 focuses on basic practical techniques and personal development taught in the context of the philosophy that underpins Yoga. This 60 hour course will be taught by Bram Williams and Lisa Young over 10 Saturdays at Shambhala Yoga Studio, 11 Highcliff Buildings, Leigh on Sea, Essex, SS9 1DJ from 12-6pm on the following dates:

2018: 13 October, 17 November, 15 December.

2019: 12 January, 23 February, 2 March, 6 April, 18 May, 15 June, 6 July.

Course content

This course explores yoga in more depth than is often possible in a weekly class. The core syllabus includes preparation for practising 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 home written work and the course is not formally assessed.

This course is intended for students with 2 years of yoga experience who would like to develop their knowledge of yoga further as well as for those wanting to train as teachers as it provides them with a good introduction to our Certificate and Diploma teaching courses. Students will be awarded the British Wheel of Yoga Foundation Course Certificate of Attendance upon completion.

Tutors

Lisa Young is a [British Wheel of Yoga](#) Teacher and has been teaching for over 13 years. She has completed specialist teacher training in pranayama and yoga for pregnancy.

Bram Williams is a Senior Yoga Teacher with [Yoga Alliance Professionals](#), a Yoga Elder with the [Independent Yoga Network](#) as well as Diploma Course Tutor with the [British Wheel of Yoga](#).

Cost

£550 (A non-refundable deposit of £150 is required to secure your place). You will also be required to [register for membership with the British Wheel of Yoga](#) prior to the start of the course (currently £37).

For more details or to secure a place please contact Lisa at: lisayoungyoga@hotmail.co.uk or call: 079401887671.