



THE BRITISH WHEEL OF
YOGA
Qualified Teacher

chris james
yoga[®]
learn practice grow

British Wheel of yoga Foundation Course 1 – start date tbc, Richmond Upon Thames, Surrey.

Students attending this course can expect to broaden their knowledge and experience of yoga in general, either for their personal interest and study or with a view to moving on to teach the Diploma. **The Foundation Course is not a teaching qualification in its own right.**

What does the course involve?

All courses involve 60 contact hours. The course is roughly 50% practical (asana, pranayama, meditation) and 50% theoretical. There is no compulsory homework, although further study for your own interest is advised and supported, and there is no test or exam! The aim is to broaden your own knowledge and experience of yoga and to consider in which areas you may like to develop your own practice in the future.

What are the Course Requirements?

All BWY Foundation courses last at least six months. Minimum entry requirement: Two years experience of practicing yoga and up to date membership of the British Wheel of Yoga (Costs £25)

How do I book onto the Course?

To book on a course you need to pay in advance. Courses are usually full, so booking early is advisable. Course fees - £675. BWY Course registration fee - £45. Next interview dates to be confirmed.

If you would like to apply for **British Wheel of Yoga Foundation Course** please email Chrisjames@chrisjamesyoga.com and we will send you an application form and more information. You can write to: Chris James Yoga, Unit 2, 309 Richmond Road, East Twickenham, Middlesex, TW1 2NP

PLEASE NOTE THAT CLOSING DATE FOR APPLICATIONS IS tbc

Set Books

The two set texts for this course are 'The Heart of Yoga' by TKV Desikachar and 'The Hathayogapradipika' Bihar edition. Both books are available from us on the first day of your course and there is no need to read them in advance of the course!

Testimonials:

"By attending the BWY Foundation course I have come to understand Yoga as more than the practice of asanas. I have learnt the importance of breathing correctly which has improved my experience of practicing the asanas. I have also learnt how to devise a self practice using complimentary asanas, and understand the benefits and contraindications of the various asanas." Gillian Pickup

"This course has been interesting and useful. It has widened my understanding of Yoga, enhanced my self-awareness in asana and pranayama. The benefits of breathing exercises are much greater than anticipated. It also challenges the development in my personal practice." Jenny Walker

"My self awareness has increased incredibly, as well as my personal practice. I now practice regularly at home: Asanas, pranayama, and reading, I now feel pretty confident in doing so. I feel inspired to continue forever." Kate Leonard

"During this course I feel I have achieved so much more than I am able to fit into this space. The breathing techniques have been especially beneficial to me. All aspects of this course have made me realise I have so much more potential than I ever realized. I want to continue to learn to adapt my life towards a much healthier and more giving lifestyle. To be able to share all I have learnt with others if possible." Glynis Dawe

"One of the most significant aspects of this course was the introduction to the different Yoga styles; it is very interesting to see how Yoga can adjust to people with different needs. I certainly modified my personal practice by being more aware of the movements (seven significant intentions) and also the importance of the breath. I think that Chris did a fantastic job taking us on this journey through the world of Yoga." Isabel Matinez

"I now have an appreciation for the building blocks of an asana and pranayama techniques within the context of a practice design – i.e. leading to a central point of intensity. I now have a deeper understanding of the guiding intent and ethos of Yoga philosophy and integration into the modern lifestyle, along with safe practice methods." Anthony Soyer – G.P.

"I have learnt a great deal about specific postures and their benefits. I now notice that bending my back makes me looser and much happier, sun salutations and asanas fill me with energy. Forward bends slow me down and help me to sleep. I can now use this knowledge to fine tune my body mind and spirit. I can create 30 minute personal practice sessions to fulfill a specific requirement – including counter poses. Likewise with pranayama – I know which to practice to turn use to rest and which to use to give me zest for life. My knowledge of the yoga tradition and my understanding of Yoga is much deeper and broader." Jane Morris

"I feel I have developed my knowledge of the 'non-asana' side of Yoga. I have really enjoyed learning about all of the different styles of Yoga and different Pranayama. I have also found the discipline of keeping a daily practice to be very beneficial. I am embarking on the teacher training course, which is very exciting. I feel that this course has given me an excellent start." Lis Dixon

"I feel that I have learnt a huge amount from the course both physically and psychologically. I have developed more awareness of the asanas and areas needing further development. I am more reflective in my practice and I have felt much benefit and will be able to adapt to my Yoga practice further into the future." Deborah Rogers

"I feel more aware of and in connection with my body, how it's feeling and what it wants to eat or do. I also feel an inner confidence growing within." Katey Woolmer

"The course has been hugely beneficial to me. The Foundation Course has opened my eyes to the many fascinating areas of Yoga. I can see where I want to go and am confident I am on the correct path. The mind, body, and spirit connection, learning about prana, breathing, bandhas, chakras etc has been interesting. A few light bulbs have flickered in my mind." Joanna Lilley

"One of the biggest developments was getting introduced to the different styles of Yoga. Furthermore I enjoyed and learned a lot from the way James' lessons were built up, working to the important asana – the crescendo effect!"

"I have become stronger and my flexibility has improved. I have a better understanding of what my body and mind can do and am learning to accept my limitations but also to know when I can push myself further. I have benefitted enormously from pranayama and from the self discipline of personal practice. The course has helped me decide on a future path." Alison Anderson

"An excellent course – I feel I have widened my knowledge especially in terms of breathing practices and different types of yoga. I feel my asana practice have improved with the teaching and additional practicing at home, plus I have more ideas of asanas to use at home, for differing moods and requirements." Sue Marlow

"Much greater understanding of the many aspects of Yoga. Greater appreciation of the non-physical aspects and their affects. I've developed a greater awareness in my practice and now practice each day, both asana and pranayama." Daran crush

Please note that the initial deposit £200 for the course is not refundable under any circumstances. If you pay and are unable to take part in the course, or are unable to complete the course, for whatever reason, the fees are non-refundable.