



## BWY Foundation Course – Level 1 SYLLABUS

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.

**Aims:** To provide a structured BWY Course to widen practical experience and to encourage personal development for serious students who do not necessarily wish to prepare for teacher training.

To provide a basic grounding for those who do wish to prepare for teacher training.

### Intended Learning Outcomes

At the end of the course the student will be able to:

1. Practise a range of Yoga asanas from the eight groups (forward, backward and side bends, twists, balances, inversions, seated and natural spine alignment postures safely and explain spinal movement in forward, backward and side bending, and twists.
2. Practise a range of basic breathing techniques, including the Full Yoga Breath.
3. Practise a variety of Pranayama techniques using nostril or glottis/throat control, with or without use of ratios.
4. Practise relaxation using the techniques stated in the syllabus.
5. Explain the place of relaxation within Western Yoga tradition.
6. Use the concentration/meditation techniques stated in the syllabus.
7. Chant the mantra stated in the syllabus, in a group led by the Course Tutor.
8. Plan simple personal asana practices to meet own needs, based on sound principles of preparation, body usage, balanced content, using modifications and counter-poses as appropriate.
9. Define commonly used Sanskrit terms relating to Yoga practices on the syllabus.
10. Define the names of the Yoga paths,
11. Define the Eight Limbs of Yoga.
12. Observe, and record in diary form, the effects of personal practice of Yoga techniques during the course.
13. Explain the pre-requirements, syllabus outline, timescale and level of commitment to complete the BWY Teacher's Diploma successfully.

### Course Content

#### PREPARATION FOR PRACTICE

Clearing the air passages.

Ways of warming muscles and limbering joints – general.

Ways of warming muscles and limbering joints to prepare for specific practices

**ASANA (Poses):** This should include the principles, reasons for practice and counterposes of the following and a study of how the spinal column behaves in forward, backward and side bending, and twists.

**Forward bends** – Dandasana (The Stick Pose), Apanasana (Vatnyasana/Knees to Chest/Wind Relieving Pose), Uttanasana (Standing Forward Bend), Paschimottanasana (Western Stretch/Sitting Forward Bend) and Janu Sirsasana (Head to Knee Pose).

**Backward bends** – Dwi Pada Pitham (Bridge Pose/Two foot support), Bhujangasana (Cobra Pose), Salabhasana (Locust Pose) and Ustrasana (Camel Pose).

**Sidebends** – Trikonasana (Triangle Pose) and Tiryaka Tadasana/Chandrasana (Wind Blown Tree/Swaying Palm Pose)

**Twists** – Parivritti Trikonasana (Reverse/Revolving Triangle Pose), Jathara Parivritti (Jathara Parivartanasana /Lying twist) and Ardha Matsyendrasana (Half Sitting Spinal Twist Pose).

**Balances** – Vrksasana (Tree Pose), Natarajasana (Lord Siva's/Dancer Pose and Garudasana.(Eagle Pose)

Inversions – Adho Mukha Svanasana (Head Down Dog Pose), Pranamasana( The Hare Posture/Bowing Pose) and Sarvangasana (Shoulderstand).

**Seated postures** – (suitable for breathing/concentration practices) – Egyptian posture (seated on chair), Vajrasana (Sitting on heels/Thunderbolt Pose), Sukhasana (Easy/Simple Sitting Pose) and Siddhasana (Accomplished Pose) .

**Natural spine alignment postures** – Samasthiti/Tadasana (Mountain Pose), Savasana (Corpse/Relaxation Pose), semi-supine lying and recovery pose.

**Posture Sequence** – Surya Namaskara (Salute to the Sun).

**MUDRAS** (Gesture/Sealing Posture)

- ☯ The use of the key Hasta (Hand) Mudras
- ☯ Jnana (Knowledge)
- ☯ Mudras for alternate nostril breathing
- ☯ Chin, Chin Maya, Adhi and Brahma.

## BREATHING

The co-ordination of breathing and movement.  
Three part breath (diaphragmatic, thoracic and clavicular breathing). Full/Complete Yoga Breath.  
The use of breath when staying in postures.  
KRIYA (Cleansing process) Kapalabhati (Skull shiner/Frontal brain/Sinus Cleansing)

**PRANAYAMA** (Breath Control)

1. Ratio:Four components of the breath
2. Technique: Ujjayi, Bhramari,, Anuloma Ujjayi, Viloma Ujjayi, Nadi Sodhana

Other Talks and discussions might include:

What is Prana; An overview of the Pranic Body; focusing on Chakras and Nadis; An overview of the Hatha Yoga system as expounded in Swatmarama's Hathayogapradipika; An overview of the Upanishads or the Bhagavad Gita. The mechanics of breathing; Styles and Traditions of Yoga; An overview of the musculo-skeletal system looking at joint and muscle action.

The choice of further discussion/talks will be student and tutor led depending on the interest expressed in the group.

## Don't forget:

- Students enrolling on the course will be required to take up BWY membership (£37) and pay the Course Registration Fee (£60)
- British Wheel of Yoga Foundation Course 1 Certificate of Attendance will be awarded to students who achieve 80% attendance or above.
- Course fees to be paid to the tutor who will register each learner with BWY
- Students should continue to practice regularly throughout the course. Students will reflect and make notes on their practice in journal form.
- All enquiries concerning the syllabus and interpretation or application of its rules, must be made to the British Wheel of Yoga Education Committee.

## RECOMMENDED READING

'Asana, Pranayama, Mudra and Bandha' Swami Satyananda Saraswati Bihar School of Yoga

'Light on Yoga' B K S Iyengar Thorsons ISBN 0-00-710700-5

'The Heart of Yoga' T.K.V. Desikachar. Inner Traditions International ISBN 0-89281-764 - X

Yoga Sutra of Patanjali (edition recommended by Course Tutor)

## CONCENTRATION

Using the breath, Objects, Repeating a word.

## RELAXATION

Progressive Muscular, Differential Relaxation, Sensory Awareness, Rotation of Consciousness , Rotation of Consciousness using affirmations, Visualisation/guided imagery.

## CHANTING

Om Bija Mantras (Lam, Vam, Ram, Yam and Ham)

## TALKS/DISCUSSIONS

Brief history of Yoga. Sanskrit names, Yoga Paths, Relaxation, The Eight Limbs of Yoga, Asana, Pranayama, Pratyahara, Concentration, meditation and Samadhi (Enlightenment).