



BWY Foundation Course 1

Tutor: Robyn Creighton

Date: April 2022 – December 2022

Time: 10am – 6pm

Location: SpiritLevel Yoga Studio, 19, Simonside Terrace, Heaton, Newcastle NE65JY

On the Foundation Course (level1) we will further your understanding of yoga, develop your personal practice and widening your experience. The course 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.

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 home written work and the course is not formally assessed.

Further information about the syllabus covered on the course is available and will be given to all students at the first taught day

About Robyn & SpiritLevel Yoga: Hello, I am a British Wheel of Yoga teacher, foundation course tutor and BWY Diploma Course Tutor. I teach adults and children in the Newcastle area encouraging a creative and playful approach to yoga - developing an understanding of the philosophy through experiential learning that is grounded in a world that children, young people and adults can relate to.

I worked for many years in the field of Health Promotion/training and facilitation with young people, parents and professionals in a wide variety of class and group work settings. It was this experience, together with my love of yoga, that provided me with the skills and enthusiasm to complete the BWY module "Yoga for Children" and become a BWY Foundation Course Tutor. I also find much inspiration from my work with internationally renowned teachers Paul Fox, David Sye, Zoe Knott, Bob Insley, Peter Blackaby, Gary & Sharon Carter, Uma Dinsmore-Tuli, Judith Lasater and Monica Voss.

In my classes you will explore the relationship between tension and effort; observing how the body can move deeply into postures without holding onto tension; using the breath and a little mischievous wiggling (!!) to help the safe and strong journey into and out of each posture creating a different approach to 'stretching', and easing the body/mind.

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

Interested in the course?

To be considered for a place on the course students must:

- A) Have minimum of two years' class attendance with a suitably qualified and experienced yoga teacher. (evidenced via references)
- B) Be a member of the British Wheel of Yoga (evidenced by providing your BWY number on your application form)
- C) Come along to the **Introduction session on Sunday 13th March 2022 @ 10am – 1pm** please book, as places are limited
- D) Complete the application form & ask referees to provide a reference.
- E) On receipt of confirmation of place on the course, please pay a deposit to secure your place

Practical information

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

Dates: April 2022 – December 2022 (9 days – one per month)

Times: 10am – 6pm

Venue: SpiritLevel Yoga's Studio, 19, Simonside Terrace, Heaton NE6 5JY

Costs:

- £585 course fees. £200 non-refundable deposit secures your place. The balance is due on or before the first day of the course. (it's important to note that all fees are non-refundable after the course commences)
- £60 Registration fee (BWY)
- £37 annual BWY membership fee (students must become a member before the start of the course)

2022 Course dates:

10th April 2022*

9th July 2022

1st October 2022

7th May 2022

13th August 2022

12th November 2022

11th June 2022

3rd September 2022

3rd December 2022

Note: The first course day is a Sunday