

## **BRITISH WHEEL OF YOGA** **SYLLABUS - 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.

### **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.

### **LENGTH OF COURSE**

**60 hours** minimum e.g. 2 hours per week for 3 college terms each of 10 weeks or 3 hours per week for 20 weeks or 4 weekend sessions of 15 hours or 10 monthly sessions of 6 hours or any other permutation.

**(N.B. Minimum time-scale 6 months)**

### **AWARD**

British Wheel of Yoga Foundation Course Certificate of Attendance.

### **TUTORS**

Tutors, called Foundation Course Tutors (FCTs), include Diploma Course Tutors, Trainee (Provisional) Diploma Course Tutors who have completed assignments 1-5 of the DL pack, DCTs on the Final Class Assessment list and experienced Diploma holders who have completed Foundation Course 1 Tutor training and been approved.

### **REGULATIONS**

1. Student's previous experience to be approved by the FCT before registration (minimum of two year class attendance with a suitably qualified and experienced yoga teacher)
2. Students enrolling on the course will be required to take up BWY membership and pay the Course Registration Fee
3. A group of students working together should not be less than 8 or more than 16.
4. British Wheel of Yoga Foundation Course 1 Certificate of Attendance will be awarded to students who achieve 80% attendance or above.
5. All enquiries concerning the syllabus and interpretation or application of its rules, must be made to the British Wheel of Yoga Education Committee.
6. All applications for award of the Foundation Course 1 Certificate should be sent to Central Office.
7. Course fees to be set by the College or by the FCT (if run privately)
8. Students should continue to practice regularly throughout the course. Students will reflect and make notes on their practice in journal form.

### **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 counterposes 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**

The following is the core syllabus to be covered on all Foundation Courses and should be taught in 60 hours of which 15 hours will be selected by the tutor from the selection under the heading [Talks/Discussions pg.3\\*](#).

### **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.

1. 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).
2. Backward bends – Dwi Pada Pitham (Bridge Pose/Two foot support), Bhujangasana (Cobra Pose), Salabhasana (Locust Pose) and Ustrasana (Camel Pose).
3. Sidebends – Trikonasana (Triangle Pose) and Tiryaka Tadasana/Chandrasana (Wind Blown Tree/Swaying Palm Pose)
4. Twists – Parivritti Trikonasana (Reverse/Revolving Triangle Pose), Jathara Parivritti (Jathara Parivartanasana /Lying twist) and Ardha Matsyendrasana (Half Sitting Spinal Twist Pose).
5. Balances – Vrksasana (Tree Pose), Natarajasana (Lord Siva's/Dancer Pose and Garudasana.(Eagle Pose)
6. Inversions – Adho Mukha Svanasana (Head Down Dog Pose), Pranamasana( The Hare Posture/Bowing Pose) and Sarvangasana (Shoulderstand).
7. 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) .
8. Natural spine alignment postures – Samasthiti/Tadasana (Mountain Pose), Savasana (Corpse/Relaxation Pose), semi-supine lying and recovery pose.
9. 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 i.e. Mrgi (Deer) and Vishnu (alternative names for Vishnu are Nasagra or Nasikagra),
- 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: Puraka (In), Antara Kumbhaka (Hold in), Rechaka (Out) and Bahya Kumbhaka (Hold out)

Samavritti – components equal (eg 1:0:1:0 or 1:1:1:0 or 1:1:1:1)

Visamavritti - components unequal (eg 1:0:2:0 or 1:1:2:0 or 1:1:2:1)

### 2. Technique

Ujjayi (throat control), including use in asana.

Bhramari (Bee breath)

Anuloma Ujjayi (In throat, exhale left, in throat, exhale right – to lengthen exhalation)

Viloma Ujjayi (In left, exhale throat, in right, exhale throat – to lengthen inhalation)

Nadi Sodhana (In left, exhale right, in right, exhale left)

## CONCENTRATION

Using the breath – e.g. counting on each exhalation or feeling the breath cool at the nostrils on inhalation and warm at the throat on exhalation.

Objects such as a pebble, leaf or piece of fruit.

Repeating a word such as 'peace' or a phrase such as 'all is calm'.

## RELAXATION

Progressive Muscular (i.e. tensing and relaxing the muscles of the body in turn)

Differential Relaxation (i.e. tensing muscles in one part of the body and being aware of all other muscles being relaxed).

Sensory Awareness (i.e. focusing on the contact or absence of contact between the body and clothes and the support beneath it etc.)

Rotation of Consciousness (i.e. rotation of awareness through parts of the body)

Rotation of Consciousness, plus using affirmations such as "I am confident and aware".

Visualisation/guided imagery such as a picture of a garden or country scene or building a personal safe haven.

Cautionary note content must be structured to include an element of personal choice to avoid imposing images that individual students find disturbing.

## CHANTING

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

## TALKS/DISCUSSIONS -

Brief history of Yoga.

Sanskrit names of techniques on the syllabus.

Names and definitions of the different Yoga Paths including Hatha, Raja, Bhakti, Karma and Jnana.

Relaxation – its place in Yoga tradition

- explanation of the different Western techniques used.

The Eight Limbs of Yoga

Yama (Restraints) and Niyama (Observances)

Asana - the importance of limbering

- Vinyasa preparation

- the use of movement and stasis

- benefits of asana

Pranayama – Breath control

Pratyahara (withdrawal of the senses)

Concentration, meditation and Samadhi (Enlightenment).

British Wheel of Yoga Teacher's Diploma requirements, syllabus outline, timescale, level of commitment etc.

**To fulfill the 15 hours of tuition, select only from the topics below - the tutors choice to be shown on the Course Plan.**

### **TALKS/DISCUSSIONS\***

1. What is Prana?
2. An overview of the Pranic Body, focusing on Chakras and Nadis
3. An overview of the Hatha Yoga system as expounded in Swatmarama's Hathayogapradipika, briefly explaining the practices contained within it and explaining the purpose of it.
4. An overview of the Upanishads or the Bhagavad Gita, focusing on its relevance to yoga practitioners today, and choosing a selection of passages for discussion from the text chosen.
5. The mechanics of breathing, explaining the action of the diaphragm and intercostals muscles on inhalation and exhalation.
6. Styles and Traditions of Yoga.
7. An overview of the musculo-skeletal system looking at joint and muscle action.

### **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)

Acknowledgements:  
S.Ma, SJS, MIE, WH.

ED12B Syllabus  
Amended September 2010