
BRITISH WHEEL OF YOGA TRAINING

Foundation Course Level Two outline and syllabus

The course focuses on basic practical techniques and personal development taught in the context of the philosophy that underpins Yoga.

Course Aims include providing a structure to the widening of practical experience and to encourage personal development for the serious student of yoga. Ideal for those who have completed an FC1 but don't necessarily want to go on to teach. It is also suitable for those who have completed a BWY Diploma holders and who wish to revisit some of the pranayama practices and Sutra teachings as CPD.

This course deliberately provides emphasis of pranayama and meditation as the basis for is for personal development. That said, it also expects this to inform a deepening of the students asana practice.

It is not a teaching qualification.

AIMS

To provide a BWY structured course to encourage personal growth and development through the practice and study of Yoga

To provide the opportunity to deepen self awareness of:

- the physical, through the exploration of asana
- the energetic, through the exploration of pranayama, mudra and bandha
- the wholistic, through the exploration of relaxation and meditation

To reflect upon the messages and philosophical beliefs of Yoga texts, mainly the Yoga Sutras

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

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 - Level Two Certificate of Attendance.

BRITISH WHEEL OF YOGA TRAINING

TUTORS

Those eligible to teach the course include the following who must complete FCT2 training:

FC tutors who have run three FC1 and been assessed by a QA

It is recommended because of the amount of meditation in the syllabus that the FC2 tutor is practicing daily seated meditation.

Note: Current DCT's are welcome to present the course without the FC2 Training.

REGULATIONS

1. Students will have completed a BWY Foundation Course– Level One, or be a Diploma holder, or, at the discretion of the tutor and QA, have RPL of a yoga teaching qualification from another recognised learning body.
2. Students enrolling on the course will be required to take up BWY membership (if it is out-of-date) and pay the Course Registration Fee.
3. A group of students working together should not be fewer than 8 or more than 16.
4. A British Wheel of Yoga Foundation Course – Level Two Certificate of Attendance will be awarded to students who achieve at least 80% attendance. As noted above
5. All enquiries concerning the syllabus and interpretation or application of its rules, must be made to the British Wheel of Yoga Training Committee FCO.
6. Course fees to be set by the individual tutor or college (if run through HE/ FE)
7. Students should continue to practice regularly throughout the course.

INTENDED LEARNING OUTCOMES

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

1. Practise safely a range of Yoga asanas from the eight groups (forward, backward, side bends, twists, balances, inversions, seated and natural spine alignment postures) and understand the modifications, precautions, prohibitions and benefits of those poses.
2. Perform asana with an improved sense of concentration and inner stillness (Theme from Ch 1 & 2 of PYS)
3. Use kriyas (cleansing practices), as a preparation for yoga practice.
4. Develop Pranayama techniques using ratio, retention and bandha according to his/her abilities and needs and relate to the HYP
5. Appreciate the use of mudra and bandha to enhance energy flow.

BRITISH WHEEL OF YOGA TRAINING

6. Practise a variety of suitable relaxation and meditation techniques..Integrate some element of yoga philosophy in daily life and reflect on this.
7. Design and perform personal practices to meet own needs, based on sound principles of body usage, with balanced content, using modifications and counterposes as appropriate.
8. Write a self-evaluation of their planned practice and assess their progress.
9. Discuss some concepts of Patanjali's Yoga, Chapters One and Two – relating to body mind and breath.
10. Further define commonly used Sanskrit terms relating to Yoga practices on the syllabus
11. Demonstrate an understanding of pranic anatomy including kosas, nadis and chakras.
12. Demonstrate an appreciation of the further study text chosen.

COURSE CONTENT

The following is the core syllabus to be covered on all Foundation – Level Two Courses and should be taught in 45 hours. The remaining 15 hours to be used at the discretion of the tutor, for any of the following reasons :

to more deeply explore the core syllabus,

to revisit aspects of Foundation Course 1,

To introduce elements of yoga that may currently be in the news or press – traditional v's modern view points (William Broad, Yoga & Humanism etc) and discuss implications for yoga as a whole and for individuals.

To meet the particular needs and interests of individual students on the course,

to reflect the Tutor's own tradition.

PREPARATION FOR PRACTISE

Kriya (Cleansing Practices):

Jala Neti – Nostril cleansing using water

Kapalabhati

Nadi Sodhana (as kriya cf pranayama)

Simhasana could be included here at tutors discretion (as Kriya cf asana)

Note: it's already taught in FC1 as asana according to HYP.

ASANA (Poses)

Develop the concepts of Sukha and Sthira

Any asana from Foundation Course 1 may be further explored as appropriate
Asana study should include the principles, reasons for practice, safety, appropriate preparation of joints and muscles, counterposes, modifications, benefits, precautions and prohibitions of the following poses:

BRITISH WHEEL OF YOGA TRAINING

Forward Bending (Flexion of Spine)

Prasarita Padottanasana (13) – Standing Wide Leg Forward Bend.

Upavistha Konasana (66) – Wide Leg Sitting Forward Bend.

Parsvottanasana – Asymmetrical Forward Bend

Backward Bending (Extension of Spine)

Virabhadrasana I (7) – Warrior Pose;

Makarasana (Bihar)– Crocodile Pose; Urdhva Mukha Svanasana (32) – Upface Dog Pose; Dhanurasana (27) – Bow Pose

Side Bending Poses (Lateral Flexion of Spine)

Utthita Parsvakonasana (5) – Lateral Angle Pose.

Parighasana (15) – Lateral Gate Pose.

Twisting Poses (Rotation of Spine)

Bharadvajasana (112) – Mermaid Twisting Pose; Marichyasana III (114) – Sage’s Pose;

Balancing Poses

Utthita Hasta Padangustasana (11) – Hand to Foot Balance.

Paripurna Navasana (35) – Full Boat Pose; Navasana (36) or Ashwa Sanchalanasana (Bihar) – Half Boat Pose;

Inversions

Halasana (91) – Plough and variations.

Headstand

Natural Spine Alignment

Virabhadrasana II (8) – Warrior Pose.

Seated Poses

Simhasana (49) – Lion Pose; Ardha Padmasana (Bihar) or Brahmanasana – Half Lotus.

and others in each group at the tutors discretion.

N.B.For easy reference, numbers in brackets represent Pose Number in “Light on Yoga” by BKS Iyengar (Thorsons 2001 ISBN 0-00-710700-5)

BRITISH WHEEL OF YOGA TRAINING

PERSONAL PRACTICE – PLANNING & SELF-EVALUATION

Recap on principles of practice from Foundation Level One, including counterpose;

Choosing practice objectives (focus for practice e.g. therapeutic, developmental, energizing, relaxing, holding, asana and chakras, approaches from different lineages);

Factors governing Vinyasa (sequencing);

Adaptation of techniques to suit individual needs;

Guided, ongoing planning of personal practice and progression during the course and beyond, to meet the individual needs of each student (working in groups, then in pairs, finally individually). Each plan to include preparation, asana, counterpose, pranayama, relaxation/meditation as appropriate.

Record self-evaluation of planned practice and assess progress of all aspects of the practice on a regular basis, including application of yoga philosophy in everyday life

MUDRAS (Gesture/Seal)

Tutor to recap hasta mudras from FC1 and cover conditions for mudra practice, adding Kaya mudras (Pashinee, Tagadi, Prana Mudra,) and any other.

BANDHAS (Energy Locks)

Jalandhara Bandha (Throat Lock); Uddiyana Bandha (Abdominal Lock); Mula Bandha (Root Lock); Maha Bandha or Bandha Triya (Great Lock – all three together).

Should be employed and taught with mudra and pranayama practice along with referencing from the sutras.

PRANAYAMA (Breath Control)

1. Technique

Victorious Breath techniques (Ujjayi Pranayama) using retention, suspension, mudra and bandha as appropriate.

Alternate Nostril Breathing (Nadi Sodhana Pranayama) using retention, suspension, mudra and bandha as appropriate.

2. If appropriate for the group Bhastrika

BRITISH WHEEL OF YOGA TRAINING

3. Ratios 1– Recap from FC1 eg :Relaxing ratios with emphasis on exhale
e.g. counts of 4:1:8:4, and progression according to the tutors tradition
Balancing ratios e.g. 8:1:8:1, 6:2:6:2
Energising ratios with emphasis on inhale e.g. 6:4:6:1, 6:6:6:1
Ratios 2 – working towards safe Antar and Bahir Kumbakha practices (best
taught in tutors own tradition)

MEDITATION

Overview of Meditation Path: cross referencing different texts/traditions.
Overview of meditation within Hatha Yoga/Raja Yoga.
Posture for meditation.
Defining Smriti & related terms
Defining Meditation according to Patanjali

PYS Ch 1 v 32–39 meditations:

Inner light

Guru – great soul

Breath

And other Sutra inspired meditation practice as appropriate e.g;

Tratak, sound, tactile sensation.

Visual & visualised, mantra, yoga sensations (walking meditation), prayer/
personal reflection and Sankalpa

Breath, at nostrils, abdominal breath,

‘Nirbija’: dissolution of visual object, akasha & kevala kumbakhas

RELAXATION

Use a variety of methods, recapping on Foundation Level One techniques,
plus additional ones favoured by tutor.

PHILOSOPHY

1. Recap on Patanjali’s Yoga Sutras Chapter 2

2. Patanjali – an in–depth study of Chapter I, using the Tutor’s choice of
translation. Study to use the following themes, taken from “The Essence of
Yoga” by Bernard Bouanchaud (or edition chosen by tutor):

I.1–I.4 What is yoga?

I.5–I.11 What is mind?

BRITISH WHEEL OF YOGA TRAINING

- I.12–I.29 How can we attain the yoga state?
- I.30–I.31 What difficulties might we encounter?
- I.32–I.39 How can we overcome them?
- I.40–I.51 What does yoga bring us?
- 3. An overview of Hatha Yoga Pradipika
- 4. Selected, guided reading of the HYP as tied into other practical sessions.
Chapter and verse to be selected by tutor.

FURTHER STUDY

In groups or individually, students to study one section from a yoga book of their choice and discuss together after reading. Group or individual analysis to be shared with course members as a whole in a 10 minute presentation.

RECOMMENDED READING

Yoga Sutras – choose the translation of your tutor’s choice, suggested translations currently available:

- “The Yoga Sutras of Patanjali” translation and commentary by Sri Swami Satchidananda (Integral Yoga Publications);
- “The Essence of Yoga” by Bernard Bouanchaud (Rudra Press ISBN 0–915801–69–8);
- “Light on the Yoga Sutras of Patanjali” BKS Iyengar (Aquarian Press ISBN 1–85538–225–3);
- “Four Chapters on Freedom” commentary by Swami Satyananda Saraswati (Yoga Publication Trust, Bihar)
- “Heart of Yoga” TKV Desikachar (Inner Traditions ISBN 0– 89281–533–7);
- “The Yogasutras of Patanjali” translated by Alistair Shearer (Rider ISBN 0–7126–5509–3)

General Yoga Books

- “Asana, Pranayama, Mudra and Bandha” Swami Satyananda Saraswati Bihar School of Yoga
- “Yoga for Body, Breath & Mind” A.G. Mohan (Rudra Press ISBN 0–915801–51–5)
- “Awakening the Spine” Vanda Scaravelli (Pub Harper Collins)
- “Complete Book of Yoga” James Hewitt
- “Yoga Mind & Body” by Sivananda Yoga Vedanta Centre (Dorling Kindersley).

BRITISH WHEEL OF YOGA TRAINING

“Yoga for Dummies” Georg Feuerstein & Larry Payne (IDG Books ISBN 0-7645-5117-5)

“Yoga for Transformation” Garry Kraftsow (Penguin Compass ISBN 0-14-019629-3)

“Maran Illustrated Yoga” (MaranGraphics ISBN 1-894182-11-1)

“Yoga Mind, Body & Spirit” Donna Farhi (Henry Holt & Co. ISBN 0-8050-5970-9)

ED12d