

Foundation Certificate Course Level One
Application Form

Costs:

The Course fee of **£360.00** (12 days at **£30.00** per day)
£60.00 of which payable in advance.

(You may if you wish pay for the course in full, if you prefer.)

Note: This is a course and not a series of drop in classes.

Each day must be paid for whether you attend or not.

BWY Registration Fee **£45.00** (payable to BWY)

BWY membership . Currently **£25.00** per year

BWY: www.bwy.org.uk or Tel: 01529 306 851

To apply for a place on this course,

I must receive from you:

1 – A deposit cheque of £60 **or** full amount of £360.00
[payable to M.Heginbotham]

2 – A registration fee cheque of £45 [payable to the BWY]

3 – Your BWY membership number.

Please Note:

These three things **must** be included with this form.

Without all three your application cannot be accepted.

Name

Address

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.....

.....

Telephone

Email

Yoga Experience

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BWY Membership No

I have read and agree to all the information detailed above.

I am fully aware that non-attended days must be paid for in full.

Signed:

Date:

Please complete and send to:

Marilyn Heginbotham at:

8, Corbett Way, Denshaw, Oldham, OL3 5SX

**Should your application not be accepted for any reason
your cheque(s) will be returned.**

Contact
Marilyn

01457 870453

**For other classes,
courses & day workshops**

visit:

www.marilynyoga.com

or email:

mail@marilynyoga.com

*Do you want to take
your*
Yoga
Further?

This new yoga course
for deeper practise
is designed to release
your own creativity.
You will be amazed
at your discoveries
*...and we'll have
fun on the way!*



British Wheel of Yoga Certificate Course

FOUNDATION

Level 1

2010-2011

Running in the Greater Manchester Area

During the course we will:

Develop our personal practise.

- The course will help you build your own inner strength and you will come to understand that yoga is more about inner stability, than physical power.

Practise pranayama.

- By combining the wisdom of the ages, with recent medical discoveries, we have developed breathing techniques for attaining peak performance, managing stress and improving overall health. Within you is a tremendous reserve of energy that can be channelled into your harmonious self. Correct breathing is the single most important thing you can do to improve your life.

Experience ‘sound yoga’

- mantras, miraculous words of power.

Learn mudras.

- magical hand and finger gestures that have a profound effect on our psyche.

Know how yoga can harness the mind.

- using affirmations for a more positive, productive and creative outlook on life.

Manage stress.

- learn to live with it, use it and live creatively as a result of it.

Discover.

- when yoga touches you it truly transforms you.

Specialist, guest speakers will be invited, on occasions, to provide an extra insight into their particular subject.

About Me

Yoga is my passion. The practise of it has stood me in good stead over the years and I simply want to pass on the huge benefits. I have attained the British Wheel of Yoga Teacher Training Diploma. I hold BWY Diplomas for Foundation Course Teaching, Levels One and Two, and Teaching Yoga to Children. After a two-year course at the Royal Homeopathic Hospital, Great Ormond St., London, I qualified as a Yoga Therapist. I recently graduated from a four month residential course in yogic studies at Bihar University Ashram in India. I have completed teacher training for flow yoga and dance with Shiva Rea and also completed a teacher training course with Erich Schiffman in the USA

About the Course

Cost **£360.00**

BWY Registration fee of **£45.00**

Required membership of BWY (**£25** per year 2008 price)
A total of **60** hours in **12** days, over a period of **12** months.

An opportunity for personal development and to go deeper into yoga. Home assignments, reading only and recommended seminars - no examinations.

Certificate of attendance on completion of the Course.

A route to prepare for BWY teacher Training.

(This will be the 8th Foundation Course I have run.)

Dates 2010/2011:

Second Saturday every month beginning December 2010
Dec 11th, Jan 8th, Feb 12th, March 12th, April 9th,
May 14th, June 11th, July 9th, August 13th, Sept. 10th, Oct 8th, Nov 12th.

Venue: 8 Corbett Way, Denshaw, Saddleworth, Oldham
OL3 5SX

Course 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.

Award on completion:

British Wheel of Yoga Foundation Course Certificate
(awarded for a minimum 48 hours attendance)

Course Requirements:

2 years minimum experience with an approved teacher.
Students previous experience to be approved by course tutor. Accepted students must be BWY members before registration. Course registration fee payable to the BWY
Students should continue to practise regularly throughout the course.

Course content has been approved by the BWY.

Maximum of 16 students per course.

All enquiries concerning the syllabus, interpretation and application of its rules must be made to the British Wheel of Yoga Education Committee.

Please detach application form here and retain other pages for your reference