

Foundation Certificate Course Level Two  
**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](http://www.bwy.org.uk) or Tel: 01529 306 851

To apply for a place on this course,

**I must recieve 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 .....

.....  
.....  
.....

Telephone .....

Email .....

Yoga Experience .....

.....  
.....  
.....

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 courses & day workshops**

visit:

[www.marilynyoga.com](http://www.marilynyoga.com)

or email:

[courses@marilynyoga.com](mailto:courses@marilynyoga.com)

*Do you want to take  
your*  
**Yoga**  
*Deeper?*

Foundation courses  
are designed to  
enhance your Yoga  
Helping develop  
your practice to  
become a source  
of inspiration and  
support in your life



British Wheel of Yoga Certificate Courses

**FOUNDATION**

**Level 2**

**2009-2010**

Running in the Greater Manchester Area

## Who is this course for?

Anyone who has completed Foundation Course Level One, or teachers who may not have done Level one, but are interested in enriching their own yoga practice. It is for anyone who has a passion for yoga and an open enquiring mind, who wants to be more joyful in their lives experiencing this through deeper practice of yoga and meditation, feeling how it brings us back to stillness more easily.

Level Two is a joyful and nurturing yoga course

## About the course:

There will be a focus on developing your own practise which becomes a source of inspiration and support in your life. We will explore the rhythms of your own creativity and run to the leading edge of your growth and personal development. The course will cover Hatha yoga, Pranayama, Yoga Nidra, [deep relaxation] and meditation, chakras and how they work, and how to make them work for us.

Through deeper practise of the asanas you will see how you become much more in touch and in tune with your own body and mind.

We will practise deeper pranayama which has the power to soothe, calm, revitalise and restore your body your mind and nurture your spirit.

A sixty hour BWY accredited Course starting in April 2009. A certificate is obtained by a minimum of 80% attendance. ( 48 hours) Each day is five hours

***Foundation Two now counts as In Service Training***

## 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

## 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:

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.

## Venue:

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

## Dates 2009 - 2010:

April 26th, May 10th, June 14th, July 12th, August 9th September 13th, October 11th, November 8th, December 6th,

(2010) January 10th, February 14th, and March 14th

## Costs:

There are 12 individual days at £30.00 per day,

## Total Cost of £360.00

There is a BWY Registration fee of **£45.00** (one-off payment to BWY)

Also current up to date membership of BWY is a requirement of admission (**£25** per year, 2008 price)

**£60** deposit is required,

Each day must then be paid for **each** month, the last two months having been paid for with your deposit.

Please note this is **not** a drop in class. The whole course must be paid for whether you attend or not.

## For more information or to discuss:

Please phone Marilyn: 01457 870453

Email: courses@marilynnyoga.com

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