



BWY Foundation Course 1 York

Starting: 12 October 2024

10 Saturday meetings

9.30am – 4.30pm

Tutor: Jane Cluley (Jayadhara)



Love yoga and yearn to know more?

Want to learn why we do what we do?

Want to deepen your practice?

Want to bring yoga into your daily life?

Through the Foundation Course you will meet like-minded individuals who also want to continue their yoga journey. The course gives the opportunity to understand the wider picture of yoga, to dig deeper and to find out why we practice in the way that we do. We will explore the ancient psychological approach of Patanjali and notice how relevant ancient teachings can be in our everyday lives.

We will explore a wide selection of asanas, breathwork, pranayama, relaxation methods, meditation practices and mantra. Each meeting will include asana practice, breathwork, relaxation/guided meditation and discussions about the background of yoga, study of musculo-skeletal and energetic yogic anatomy (nadis and chakras), group work and more. The meetings can be both motivating and inspiring. For some, the course can also be ideal preparation and precursor to yoga teacher training.



“Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow.”
Swami Satyananda

BWY Foundation 1 Course

This is a 60-hour course with a *very practical approach*. Physical limitations do NOT preclude full participation in the course, and it doesn't matter what style of yoga you practice. Anyone with a minimum of 2 years yoga practice who is curious to know more about yoga is welcome to apply; it's a journey of self-growth and personal discovery.

The structured 10-day pathway will take you along a journey of exploration. It provides a comprehensive grounding in practical yoga techniques within the context of the history and philosophy that underpins the tradition following the BWY FC syllabus. There are opportunities to delve more deeply into a wide variety of yoga practices including some not usually covered in weekly classes.

From the beginning, you will be encouraged to set up your own practice space, given the tools to develop your own regular home practice and to explore the transformative effects of yoga. You will gain knowledge, confidence and motivation whilst being supported and guided all the way. A range of yoga styles, paths of yoga, Sanskrit terms, Yamas and Niyamas will be unpicked.

You will be encouraged to reflect and share in small supportive groups about experiences on and off your mat throughout. Journaling about your own experiences will help you to chart the challenges and changes that you notice along the way.

Tutor



I have used yoga as a journey of self-discovery and healing since my university days at Reading, practising with a wide variety of teachers. I've been teaching since 1988 and am passionate about

including all aspects of yoga and ancient wisdom in ways *accessible to everyone and every body*. I believe that my students are my greatest teachers and that I can learn from each and everyone of you by observing and listening. I believe the cornerstone of yoga is 'awareness' and that applying this throughout practice and life we can change our physiology and thinking mind for the better.

Key influences on my practice are Satyananda Yoga, Structural and Ayurvedic Yoga Therapy, Vinyasa, Yin, and Mindfulness. I've trained dozens of yoga teachers, taught BWY Foundation Courses in Yorkshire since 2004, offer other in-depth independent study, workshops, yoga retreats, yoga holidays and since 2020 online learning.

For many years I regularly visited India as part of my personal journey, staying in ashrams and attended the awe inspiring 2001 Kumbh Mela at Allahabad. I received my spiritual name, Jayadhara, in 1996 at the Bihar School of Yoga, Munger. I feel that I'm able to draw on many of these experiences to enhance my teaching and bring the ancient yoga traditions to life.

Introductory Session – via Zoom

Saturday 28th September, 9.30am

This is an optional informal discussion with Q&A about the course; an opportunity to meet the tutor and other students and to decide if the course is right for you.

Group Size

Maximum group size 18 to allow individual attention, a minimum of 8 students will be required to run the course.

Course Meetings

Venue: St Mary's Church Hall, North Lane, Haxby, York YO32 3JS

Dates: 12 October, 16 November, 30 November 2025 dates tbc, 10 meetings in total.

Ending: July 2025

Time: Saturdays, 9.30am – 4.30pm

Public Transport access by Bus #1 every 20 minutes from York town centre.



Course Books

- Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati
- Patanjali Yoga Suktas, translation and commentary by Swami Satchidananda

Student Requirements

- Minimum 2 years yoga class attendance.
- Open-hearted willingness to grow your practice and experience.
- Maintain a regular practice during the course.
- Join the BWY before the course begins.
- There are no formal assessments.
- A Certificate of Attendance will be awarded to those achieving at least 80% attendance.

Costs

Full course fee **£650**

BWY Membership **£42**

BWY Course Registration Fee **£60**

Course books approx. **£25**

- £150 non-refundable deposit to secure your place
 - Five monthly payments of £105 or £500 on the first day of the course.
- Cheques payable to Jane Cluley, or by BACS

Deposit and fees paid are non-refundable

Get in touch to learn more about the course and register your interest, then complete an application form to apply ☺ ॐ ॐ ॐ

Jane Cluley
Moonrise Yoga

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