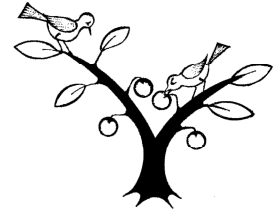


# BWY Foundation Course 1 May 2010- February 2011

with Michael Hutchinson



**Venue:** Ambrose Allen Centre, Franklin Avenue, Tadley, Hampshire. RG26 4ER.

**Travel:** about 12 minutes from M3 Jn6, via A339/A340, or M4 Jn12, via A4/A340. Parking at Centre. Buses every 20 minutes to and from Basingstoke centre and stations.

**Dates:** Free Introductory Morning on March 20<sup>th</sup> (9.30am to 1.00pm)

May 8 <sup>th</sup>	June 5 <sup>th</sup>	June 26 <sup>th</sup>	July 17 <sup>th</sup>
September 25 <sup>th</sup>	October 30 <sup>th</sup>	November 20 <sup>th</sup>	December 11 <sup>th</sup>
January 15 <sup>th</sup> 2011	February 12 <sup>th</sup> 2011		

**Times:** 9.30am to 5.00pm. Please aim to arrive 10-15 minutes early, in order to settle in.

**Course Content:** Practical (postures, breathing, chanting, meditation and relaxation), combined with theory and philosophy sessions. Time for questions and discussion. All students are encouraged to practice both postures & breathing between sessions, to keep a practice diary and to relate their experiences to readings from the Set Book.

**Refreshments:** Teas, infusions, coffee and biscuits are provided. Please provide your own lunch. Sainsbury's and other shops are about 5 minutes' walk.

**To Bring:** Practice mat, blocks etc. for sitting, Set Book, paper, pens & pencils.

**Costs:**

1. Registration: £45, payable to the British Wheel of Yoga.
2. Course fee: £340, payable to Michael Hutchinson (Yoga) as a non-refundable £100 deposit, plus four instalments of £60 over the first four meetings.
3. Students must also maintain (ordinary) BWY membership during the course.

**Books & Notes:** 'Heart of Yoga' by TKV Desikachar is the FC1 Set Book. A comprehensive set of notes and a further suggested reading list will be supplied.

**Prerequisites:** Applicants must have at least 2 years' experience of Yoga, through contact with a qualified Teacher, and must attend an informal interview with Michael.

**Award:** To those who attend at least 80% of the Course Hours, the BWY Foundation Course Certificate will be awarded.

**Teaching Diploma:** For those students who wish to train as a BWY Teacher, this course constitutes the preparatory stage. Further details of the Teacher's Diploma Course will be provided towards the end of this Foundation Course.

**Tutor:** Michael is a BWY Diploma Course Tutor and has recently completed his first teacher training course. He studied for a total of six years with Paul Harvey, reaching Viniyoga Practitioner status in 1990 and Senior Practitioner in 2000. Michael's personal teachers have been Paul Harvey and Gillian Lloyd. Michael is now registered as a Teacher with the Krishnamacharya Healing & Yoga Foundation. He has attended many seminars and retreats led by TKV Desikachar between 1988 and 2008 and has three times visited the Krishnamacharya Yoga Mandiram, founded by Desikachar, for further training, most recently in July 2009.