

## 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 holistic, 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.

## 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 who have completed **at least one diploma** course 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 Students enrolling on the course will be required to take up BWY membership (if it is out-of-date) and pay the Course Registration Fee.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 6 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.
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.
5. Appreciate the use of mudra and bandha to enhance energy flow.
6. Practise a variety of suitable relaxation and meditation techniques. Integrate some element of yoga philosophy in daily life and reflect on this.
7. Chant Mantra(s) chosen by the tutor, in a group led by the course tutor.
8. 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.
9. Write a self-evaluation of their planned practice and assess their progress.
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.
13. Complete a written piece of work discussing concepts of Patanjali's Yoga, Chapters One and Two. See Appendix

## **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 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 for pranayama)

Trataka (static object only)

## **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:

### **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;

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 1II (114) – Sage's Pose;

### **Balancing Poses**

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

Paripurna Navasana (35) – Full Boat Pose; Navasana (36) Half Boat Pose

### **Inversions**

Halasana (91) – Plough and variations. Sirsasana

Headstand (at tutor discretion)

## 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)

## 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, e.g. Sanmukhi Mudra (46) – sometimes called Parangmukhi or Yoni Mudra – Facing Inwards; Maha Mudra (125) – Great Mudra; Viparita Karani Mudra – Inverted practice Mudra, **or 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)

### Technique

1. 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. If appropriate for the group Bhastrika
2. 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 Mindfulness

Defining Meditation according to Patanjali e.g: PYS Ch 1 v 32-39: Inner light

Breath

And other Sutra inspired meditation practice as appropriate e.g; Tratak (on a static object), sound, tactile sensation.

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

Breath, at nostrils, abdominal breath,

## CHANTING

Chant significant mantra(s) of the tutor's choice e.g. Gayatri Mantra, Mrtyunjaya Mahamantra (Tryambakam), Om Namah Sivaya or any other as decided by the tutor

## 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?
- 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?

### **\*To cover elements as required to complete written work sheet Appendix [a]**

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).

“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)

## Appendix

### 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?
  - 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?.

Assignment Patanjali's Yoga Sutras Worksheet	
Name	BWY number
Learning Outcome: learners will:	Assessment Criteria: learners can:
1. Understand Patanjali's Yoga Sutras	1.1 Explain the significance of the first 4 verses of Patanjali's Yoga Sutras 1.2 Identify, consider and explain key aspects of Patanjali's system

Complete questions 1 and 6 and one question from questions 2-5
<b>Question 1</b> <b>Chapter 1, v1-4 – the first four verses of the Yoga Sutra are said to capture the substance and meaning of the whole text. Explain your understanding of the first 4 verses.</b> Write here
<b>Tutor's comments</b>
<b>Question 2</b> <b>Consider chapter 1 vs 12-16</b> <b>Define and explain the qualities of abhyasa and vairagyah, giving personal reflections on what they mean to you, both on and off the mat.</b> Write here
<b>Tutor's comments</b>

**Question 3**

**Define and explain Antaraya, PYS 1vs30. Reflect on your own obstacles to practice and how you could overcome them.**

Write here

Tutor's comments

**Question 4**

**Define Kriya yoga (PYS 2 vs 1). Explain what it means to you and your personal practice. Write here**

Tutor's comments

**Question 5.**

**Define yama and niyama (PYS 2 vs 29, 35-44). Explain their importance and how they can be incorporated both on and off the mat.**

Write here

Tutor's comments

**Question 6.**

**Choose any sutra or concept from Patanjali's Yoga Sutras. Explain why it is meaningful to you personally, both on and off the mat. Give at least 3 specific examples of how you could incorporate the philosophical message of this concept/sutra into your own practice/daily living**

Write here

Tutor's comments

**Bibliography.**



**Tutor's general comments**

Signed

date

**Student's reflective comments (optional).**

Signed

date

NB: Worksheet expands as you write in it