

What to bring:

There are mats, blocks, bolsters and belts at the venue – but you can bring your own. You may want to bring a change of clothes. Bring your own lunch and snacks. Teas and biscuits will be provided.

Number of participants:

There will be a maximum of 14 participants.

Cost:

The total cost of the course is £600.00 inclusive of all BWY membership, registration and certification fees.

Level:

Because of the yoga content, this course is not suitable for beginners – sorry!

You should have had a solid grounding in yoga with a minimum of two years class attendance with a suitably qualified and experienced yoga teacher.

For more details or application please contact:

Colin on 07775527222 or
colin@trueyoga.co.uk

**The Venue:**

BoCo's Surbiton Studio is nestled beyond the end of the high street in the heart of Surbiton, Surrey and provides excellent facilities away from everyday pressures with the emphasis placed on a warm and friendly atmosphere.

The yoga room itself is peaceful and so is an excellent venue for this type of course.

6 Electric Parade
 Surbiton
 Surrey
 KT6 5NT

Tel: 020 8399 3930
<http://www.boco-uk.com>

There is ample parking nearby and Surbiton train station is 5 minutes walk away.

Provisional Course Dates*:

26th September 2010
 24th October 2010
 21st November 2010
 12th December 2010
 23rd January 2011
 20th February 2011
 20th March 2011
 10th April 2011
 22nd May 2011
 12th June 2011
 10th July 2011

*Some dates may be subject to change

Time:

09.30 – 18.30 with breaks for lunch and tea



**British Wheel of Yoga Foundation
 Course Level 1**

with

Colin Victor Dunsmuir

**British Wheel of Yoga Teaching
 Diploma Course Tutor**

**Krishnamacharya Healing and Yoga
 Foundation Teacher Trainer**

**Autumn
 2010**



COURSE OVERVIEW

This Foundation Course has been approved to run and is accredited with the British Wheel of Yoga. As such it clearly follows the syllabus laid out by them.

The approach taken by the tutor is based on the rich and influential teachings of Prof. T Krishnamacharya and his son TKV Desikachar.

It is for serious yoga students and is designed to present yoga in its holistic form.

This course aims to enable you to widen your practical experience and to encourage your personal development in Yoga. In short, threading together what you are doing and why you are doing it plus giving you direction for the future.

Attendance:

Attendance requirement is 80%

Foundation Course Certificate of Completion from British Wheel of Yoga will be given at the end of the course.



THE PROGRAMME

History of Yoga – Definitions, Context of yoga's evolution in India & the West, stages of yoga

Yoga Philosophy – Overview of Patanjali's Yoga Sutras, key terms, other philosophical influences.

Asana – Definitions and classification, vinyasa krama, adaptation and modification

Practice planning – structuring a personal practice

Pranayama – Definitions and qualities, basic techniques and practice

Meditation – definition and practice

Mantra and chanting – Definition and practice

Ayurveda – outline of basic principles

Sanskrit – introduction to pronunciation of key words and asana names

Recommended Reading:

Heart of Yoga, TKV Desikachar

Colin Victor Dunsmuir

Colin is a practitioner of Yoga based in South West London who is known for his experience, knowledge, caring and passion. He represents the fullness of the rich and influential lineage of Professor T. Krishnamacharya through the Krishnamacharya Healing and Yoga Foundation (www.khyf.net) as a Yoga Teacher Trainer and has completed four years of Yoga Therapy Training under the direct tutelage of both TKV Desikachar and his son Kausthub Desikachar. Uniquely he has spent considerable time practicing and studying at the Krishnamacharya Yoga Mandiram (www.kym.org) in Chennai, India. He is also a British Wheel of Yoga Diploma Course Tutor (www.bwy.org.uk) and is registered with Complementary & Natural Healthcare Council (www.cnhc.org.uk) as a Yoga Therapist.

Colin is very open in his approach and has considerable clarity, focus and experience of the tools of Yoga for both Evolutionary and Spiritual practices plus Yoga as a Therapy. He also supports this with ongoing study of ayur-veda in the same tradition.

Besides the majority of his daily work being Yoga Therapy, he contributes to both Yoga Teacher and Therapy Trainings, mentors existing Yoga Teachers and teaches at specific workshops.