

British Wheel of Yoga Foundation Course

2026-2027

Do you want to deepen your knowledge of
yoga?

Join us on this 60-hour BWYT (British
Wheel of Yoga Training) Foundation Course

A personal development course, where we
will delve deeper into the many and varied
aspects of yoga



You will Receive

- A world-respected Yoga foundation course developing your knowledge of yoga. Incorporating History, Philosophy, *Prāṇāyāma*, Meditation, relaxation, a wide range of postures (*Āsana*) and the foundations of modern yoga.

On the journey you will:

- Significantly enhance your own yoga practice.
- Meet like minded people with the same passion as you for yoga.
- Learn and develop from each other.
- Have a great life affirming time.



Aims

- The BWY Foundation course focuses on practical techniques and personal development skills taught in the context of the philosophy that underpins yoga
- Aims are to provide a structured course to widen practical experience and encourage personal development for students who do not necessarily wish to teach yoga, and to provide a grounding for those who do.



Learning outcomes

- By the end of the course students will have built on their knowledge of yoga, in both theoretical and practical applications.
- Students will be able to demonstrate a wide selection of *āsana* *prāṇāyāma* and meditation techniques and have a deeper understanding of the foundations that underpin yoga including its history and philosophies.



- **Length of course 60 hours over 8 days.**
- **Award British Wheel Of Yoga Foundation Course Certificate**
- (NB To obtain course certificate Students need to attend a minimum of 80% of the course)
- **Notes on syllabus.**
- The Syllabus is dictated by the **BWY** who are the governing body of yoga in the UK.
- Each foundation course will have the same content, with slight variations due to teachers own style of teaching and training.
- In addition to the set course tutors will choose a selection of talks and discussions from a list to add to the course content



Course Dates

(Please note occasionally these might be subject to change)

- Information evening Via Zoom Wednesday 14th October 2026 7.00pm-8.30pm
- Course days Sundays 9.30am-5.00pm
- December 13th (2026)
- January 17th (2027)
- February 21st
- March 14th
- April 18th
- May 23rd
- June 13th
- July 25th



Course Costs

The cost of the British Wheel of Yoga foundation includes all 8 training days and course materials which will be available on our password protected course website.

Total Payable to your tutor £575

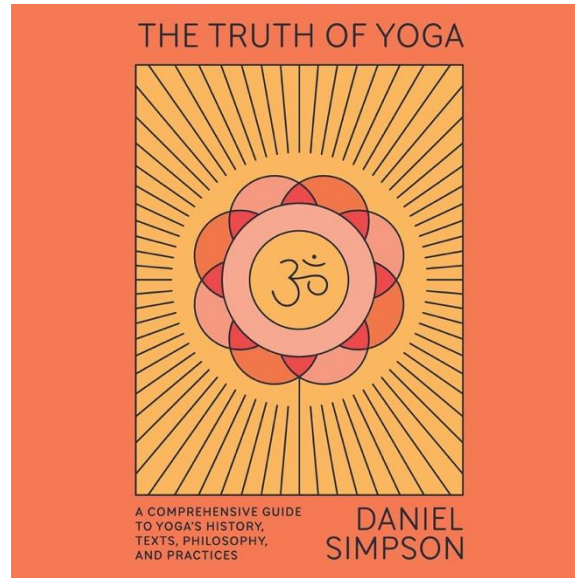
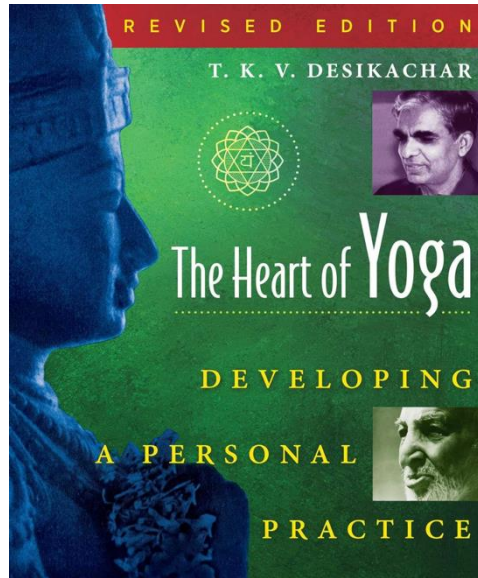
Additional Costs

BWY Registration fee of £60 Membership of the BWY £47.00. Membership of the BWY is mandatory, you will get a quarterly magazine and plenty of special offers as part of your membership. Please note membership must be taken up prior to the course.

- Please note a minimum number of students is required to make the course viable.



Course Books



More information will be given on recommended reading during the information evening

Venue

Zoe Hodgeson Pilates Studio

Well Being Way

Ember Lane

Esher

Surrey

KT10 8EG



Please contact Clare at Clare.harmonyyoga@gmail.com
for an application form.

We are very much looking forward to welcoming you on our course and if
you do have any questions, please do not hesitate to contact us at





HarmonyYoga

BREATHE, RELAX, BE.

www.harmonyyoga.co.uk



CLARE GIBSON MA, PGCHE BWY DCT.

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