

# FOUNDATION COURSE



DEEPENING PRACTICE



**Inner Yoga**  
**London**

# INTENTION

---

This 60 hour contact course is the first year of a potential 3 Years of study. Equally it is the **Foundation** – the base, the root from which growth occurs. Our course intends to provide you, the student, with time and space to practice going deeper in asana, pranayama and meditation; to notice, observe and experience the effects of a deeper practice and understanding. We explore Anatomy and Physiology, providing the student with further knowledge to compliment the practice.

This course is taught online and in person. Anatomy study, satsang (engagement of learning) and some practice will be online, the rest of the course will be in person.

Ideally you will have at least two years dedicated practice of the postures of yoga together with some practice of pranayama and meditation.

We will ask for a brief writing of your personal history and practice as part of your application. Through the course, you are set “homework” so we understand how the course is going for you. Through this you are encouraged to create your own notes on anatomy, postures and how you are developing. It is not designed to grade you, it is designed to serve and support your learning.

When completed, we award you your certificate and you have the opportunity to go onto further studies with us, Year 1 and 2 Teacher Training.

**JENNY, LISA AND TINA**

Inner Yoga London

# LEARNING

---

We share this teaching with you so that you develop:

- knowledge of Anatomy and Physiology; how this affects and deepens your awareness in and understanding of asana and pranayama
- a deeper practice of asana and pranayama and how this enables us to sit in meditation
- an understanding of the origins of yoga and Patanjali's Eight Limbs
- a contemplative journal of practice and the effect on day to day life

This course is not a pass/fail course; some study for their own development, others as part of their Teacher Training Course with us. As teachers, we observe and assess your participation and development during the course sessions. Students studying as part of their Teacher Training are expected to practice what they have learned at each weekend and complete the study sheets.

At the end of the Foundation, we will have a meeting to discuss your practice and progress and whether the next stage (Year 1 Teacher Training) is for you.

To complete the course, and get your certificate, you are required to attend the 60 contact hours of the course and to submit the study sheets (these sheets support and develop your practice as well as your anatomy and physiology knowledge). If you miss a weekend you can attend on a later course.

# CONTENT

---

These books compliment the teaching received; we advise that you get them:

Your Yoga Body Map for Vitality - Jenny Beeken

ISBN 0-9545389-1-9

Awakening the Spine - Vanda Scaravelli

ISBN 978-1-905177-264

Anatomy of Movement - Blandine Calais-Germain

ISBN 0-939616-17-3

The Muscle Book – Paul Blakey

ISBN 9780893892630

Asana: A variety of standing, seated, and supine poses in all formats (forward bends, back bends, inversions, etc)

Anatomy: We use props, presentations, software but we experience and feel in our bodies.

Chakras: A brief introduction to the energy system of the body.

Mantra: Sounding OM

Pranayama: Breath awareness practices and pranayama are explored during the course including relaxation.

Meditation: Including asana practice for meditation.

Philosophy and discussions: History, paths of yoga, Patanjali are looked at on a brief level

Time is given to discuss students' personal practice and progress on the course.

# AREAS

---

Although we look at the body through the different anatomical zones the focus in the asana teaching is on how the whole body moves as one and so how it affects the anatomy in focus on that particular area

**Feet and Ankles: Our roots** - how the feet and ankles affect the rest of the body.

**Hips and Pelvis: The Pelvic Girdle;** how it moves and enables movement. How the feet connect to the spine through this space.

**The Spine: The Vertebral Column.** How movement passes through the pelvis to connect to the spine enabling life and movement to flow through freedom of the pelvis.

**Chest and Breast Bone: The Thorax.** How the chest and breastbone connect into the sacrum and pelvis and their similarities; how movement into the breastbone and across the collarbone connects to the pelvis.

**Shoulder Girdle, Arms and Hands: The Pectoral Girdle.** Shoulders, Arms and Hands and their connection to the neck and thoracic spine.

**Neck and Head: Cervical and Cranium.** The connection of the rest of the body to the head, the skull and the neck.

# DATES

---

Feet and Ankles: Our roots

Saturday 29th & Sunday 30th October 2022

Hips and Pelvis: The Pelvic Girdle

Saturday 3rd & Sunday 4th December 2022

The Spine: The Vertebral Column.

Saturday 7th & Sunday 8th January 2023

Chest and Breast Bone: The Thorax.

Saturday 25th & Sunday 26th February 2023

Shoulder Girdle, Arms and Hands: The Pectoral Girdle.

Saturday 18th & Sunday 19th March 2023

Neck and Head: Cervical and Cranium.

Saturday 29th & Sunday 30th April 2023

Course costs £630 for the full course which can be paid by direct debit, in installments or in one payment

£125 for adhoc weekends

Inperson will be in South West London or Windsor. Some of you may prefer to join via zoom, due to location or preference, please do talk to us about this.