

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.



FOUNDATION DATES



FFeet and Ankles: Our roots

Saturday, 2nd March 2024: 10am - 2pm online/zoom

Sunday, 3rd March 2024: 10am - 4pm inperson

Hips and Pelvis: The Pelvic Girdle

Saturday, 13th April 2024: 10am - 2pm online/zoom

Sunday, 14th April 2024: 10am - 4pm inperson

The Spine: The Vertebral Column.

Saturday, 18th May 2024: 10am - 2pm online/zoom

Sunday, 19th May 2024: 10am - 4pm inperson

Chest and Breast Bone: The Thorax.

Shoulder Girdle, Arms and Hands: The Pectoral Girdle

Saturday, 22nd June 2024: 10am-2pm online/zoom

Sunday, 23rd June 2024: 10am - 4pm inperson

Shoulder Girdle, Arms and Hands: The Pectoral Girdle.

Neck and Head: Cervical and Cranium.

We will finish with a Retreat weekend; we will work with the group to find the best date but aim for July 2024

Costs will be reasonable and only for accommodation/food.

Students will also practice for 10 hours with us aside from the above course dates

Course costs £720 for the full course which can be paid by direct debit, in installments or in one payment

£155 for adhoc weekends

Inperson days will hosted at Yoga for Harmony,
143a Arthur Rd, Windsor SL4 1RU

FOR MORE INFO

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