



# Yoga Scotland

## FOUNDATION COURSE PROSPECTUS



© Yoga Scotland 2018

[www.yogascotland.org.uk](http://www.yogascotland.org.uk)  
Scottish Charity Number SCO47418  
Governing Body for Yoga in Scotland

**sportscotland**

## **AIMS**

The primary aim of this course is to expand and consolidate personal practice. It will also provide the basic foundation for anyone who wishes to go on to the Living Yoga or Teacher Training courses.

## **DURATION:**

The course involves 60 contact hours, in 10 sessions over 10 months. There will also be personal home study.

## **TUTORS:**

Information on course tutors is available on the Yoga Scotland website or by contacting the Training Co-ordinator.

## **REQUIREMENTS:**

1. Applicants must have regularly attended a yoga class(es) taught by a recognised teacher for a minimum of 2 years and be able to provide a teacher's reference.
2. Students must be able to attend the mandatory first day of the course.
3. Full attendance is hoped for and expected. If, for any reason, students miss more than 2 sessions, they will be unable to receive the course certificate.
4. Students should continue to attend a regular class taught by a recognised Yoga teacher and continue their personal practice.
5. Once paid, fees are non-refundable.

## **INTENDED LEARNING OUTCOMES**

At the end of the course the student will be able to:

1. Practise a range of Yoga Asanas (forward, backward and side bends, twists, balances and inversions, seated and natural spine alignment postures) safely.
2. Practise a range of natural breathing and Pranayama techniques, including the Complete Yoga Breath.
3. Be familiar with appropriate Mudras and Bandhas as relevant to the practice of Pranayama and Asana.
4. Practice a variety of relaxation techniques.
5. Practice a range of concentration/meditation techniques.
6. Chant Mantra as described in the syllabus.
7. Have an overview of what Yoga is (the Yoga Paths and Patanjali's Eight Limbs).
8. Understand the basics of human anatomy & physiology in relation to the practice of Yoga.
9. Plan personal practices to meet own needs, based on sound principles of body usage and balanced content, using modifications and counterposes as appropriate.
10. Keep a loose-leaf diary of regular personal practice and briefly record effects and/or feelings about it.
11. Be familiar with the commonly used Sanskrit terms relating to Yoga practices on the syllabus.
12. Understand what the Yoga Scotland Teacher Training Course entails in terms of content, timescale and commitment, should the student wish to progress to that course.

## **COURSE CONTENT**

The following is the core syllabus to be covered on the Yoga Scotland. Foundation Course and will require approximately 60 hours.

### **1. ASANA**

Preparatory practices including warm ups.

The core concepts involved in:

1. Forward bends, e.g. Pascimottanasana, Uttanasana.
2. Back bends, e.g. Setubandhasana, Bhujangasana.
3. Side bends, e.g. Trikonasana, Chandrasana.
4. Twists, e.g. Parivrtti Trikonasana, Jathara Parivrtti, Ardha Matsyendrasana.
5. Balances, e.g. Vrksasana.
6. Inversions, e.g. Adho Mukha Svanasana, Sarvangasana.
7. Seated, e.g. Vajrasana, Sukhasana.
8. Natural spine alignment, e.g. Tadasana, Savasana.
9. Other postures, e.g. Kummerasana.
10. Sequences, e.g. Surya Namaskar.

It is recommended that the appended list of Asanas will also be covered.

### **2. BREATHING AND PRANAYAMA**

1. Effortless breath – natural breathing.
2. The co-ordination of breath and movement.
3. Sectional breathing (abdominal,/diaphragmatic, thoracic and clavicular breathing).
4. Complete Yoga breath.
5. Breath in Asana practice.
6. Pranayama to include the following: Ujjayi, Nadi Sodhana, Kapalabhati and Mukha Bastrika.
7. Awareness of the 4 parts of the breath (Puraka, Rechaka, Antar Kumbhaka, Bahya Kumbhaka) and the use of ratios.

### **3. MUDRAS AND BANDHAS**

The use of the principal Hasta Mudras:

1. Jnana.
2. Mudras for alternate nostril breathing e.g. Mrgi and Visnu/Vasagra.
3. Chin, Chin Maya, Adhi and Brahma.
4. Mudras to use in meditation, e.g. Bhairava, Bhairava/Dhyana, Dhyani.
5. Mulabandha, Uddiyanabandha, Jalandharabandha.

### **4. RELAXATION**

Relaxation Techniques:

1. Tension and relaxation of the muscles of the body.
2. Body/breath awareness.
3. Yoga Nidra – rotational awareness through parts of the body (and possible use of Sankalpa).

### **5. CONCENTRATION/MEDITATION**

Various techniques for concentration and meditation including breath awareness, use of objects and Mantra.

## **6. MANTRA**

1. Chanting and silent Mantra.
2. To Include OM and component parts.
3. Bija Mantras (Lam, Ram, Vam, Yam, Ham, and OM).

## **7. PHILOSOPHY**

Introduction to Yoga philosophy, including the different Yoga paths, and Patanjali's Eight Limbs.

## **8. ANATOMY**

Introduction to human anatomy and physiology in relation to the practice of Yoga (Anatomy lecture).

## **9. TALKS/DISCUSSIONS**

1. Introduction to and a brief history of Yoga.
2. How to plan a balanced and/or appropriate personal practice and keep a relevant diary of progress.
3. Sanskrit terms and practices.
4. Different Yoga styles and traditions, e.g. Iyengar, Viniyoga, and Ashtanga Vinyasa (power).
5. Requirements, syllabus outline, timescale and level of commitment.
6. Progression to the Living Yoga Course or the Teacher Training Course: Yoga Scotland Teachers' Diploma.

## **10. RECOMMENDED READING**

Students accepted onto the Foundation Course will have the opportunity to ask tutors for recommendations and to borrow books from the Foundation Course library during the course.