



# One Year Foundation Course

Version 1.3  
Effective Sept 2018





## **COURSE OVERVIEW**

A non-vocational Yoga Foundation Course for students who simply want to learn more about yoga, or for students who want admission to the 200 hour vocational Yoga Teacher Training Course.

The course covers the whole range of yoga – physical, mental, ethical, philosophical and spiritual. The Foundation Course Certificate is **not** awarded for any one aspect of yoga. It covers **comprehensive and holistic Hatha/Raja Yoga**.

The Foundation Course is provided through special courses run by approved FRYOG tutors. The tutors are located around the country and attendance on a course may involve some travelling. Typically courses are held at weekends.

The duration of the course is **10 months over a 12 month period**. Upon successful completion of the Foundation Course the student is eligible for entry to the 10 month or 200hr FRYOG Teacher Training Diploma Scheme.

There are a number of prerequisites that must be met before a student can begin on a FRYOG Foundation Course. Please contact us for a **full course pack**.



## **OUTLINE SYLLABUS**

### **Introduction**

- Nature of comprehensive Hatha Yoga
- History of yoga
- Codes of yoga conduct (yamas & niyamas)
- History of postures

### **Physical Preparation**

- The nature and history of Yoga postures and their benefits and cautions
- Sequences of postures
- The nature, use and control of pranic energy
- Breathing techniques
- Techniques of complete yoga relaxation
- Introduction to the anatomy and physiology of major body systems

### **Mental Aspect**

- The nature of the mind
- Sense withdrawal
- Concentration
- Meditation

### **Philosophical**

- Yoga philosophy and its therapeutic value
- Eight Limbs
- Raja Yoga
- Bhakti Yoga
- Gnana Yoga
- Karma Yoga
- Mantra yoga (including chanting)
- Kundalini and Laya Yoga (including Chakras)

### **Literature**

#### Introduction to

- The Bhagavad Gita
- The Upanishads
- The Sutras of Patanjali
- Modern works on all aspects of yoga



## Examination

- Theory Assessment
- Tutor's Report

## FEES AND EXPENSES

### FRYOG Fees

Membership of FRYOG £20.00 per annum  
(during the Foundation Course and after graduation  
for those wanting to register on the vocational 2 year  
Teacher Training Course)

Theory Assessment Fee £55.00

Postage for submission and return of theory work

In the case of students failing to complete the course or withdrawing from the assessment, fees are not refundable.

### Other Expenses

Tutor fees for Foundation Course please enquire for costs

Purchase of mandatory/recommended set books  
Other workshops/events  
Regular yoga classes with a FRYOG (approved) teacher