



# One Year Foundation Course Award Pack





# Version 1.5

Effective from April 2021



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## The Foundation Course

To provide 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.

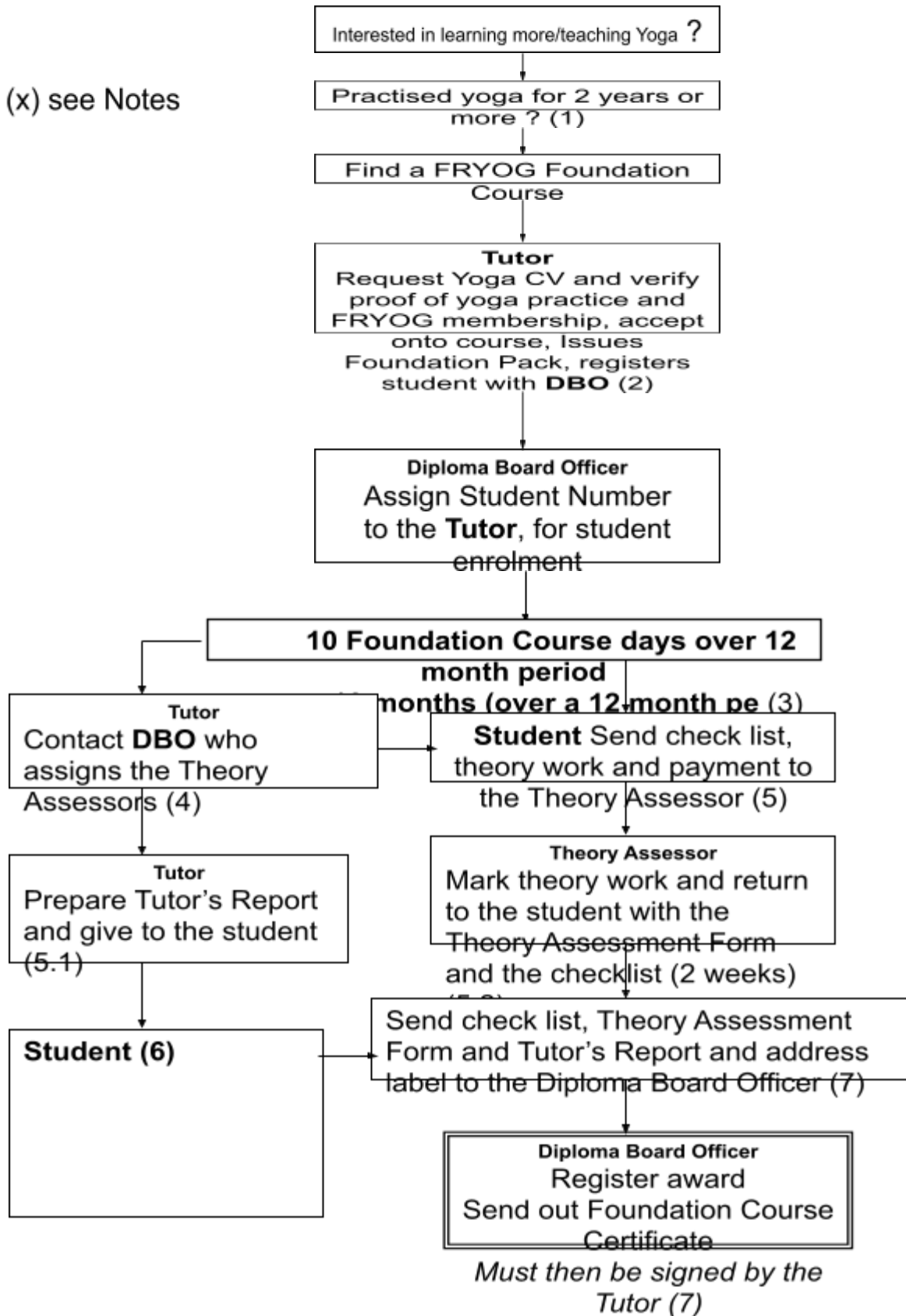
The Foundation Course Certificate is verified by the Diploma Board Officer based on successful completion of the Foundation Course theory and a satisfactory report from the Foundation Course tutor.

There are a number of prerequisites that must be met before a student can begin on a FRYOG Foundation Course. Please see the following diagram and Foundation Course notes.



## The Foundation Course Process

(x) see Notes





### Foundation Course Notes

Please read carefully and keep in a safe place, as you will need to refer to these instructions later in your course.

1. Before a student can begin a Foundation Course a basic, regular attendance at a yoga class for a minimum of two years under a suitably qualified yoga teacher is essential. This must be verified by a letter of confirmation given to the tutor. The teacher may be the tutor for the Foundation Course in which case a letter is not required. If the student has attended classes with a variety of teachers the tutor may interview the student instead. The tutor will also ask the student for written details of their previous yoga experience (Yoga CV).
2. When the tutor accepts you onto The Foundation Course they will send your name and address to the Diploma Board Officer requesting a Foundation Course student number . All students need to register for membership via the website if they are not already members, and pay the fee themselves to comply with data protection. The web site securely retains your password and this ensures you can access the website. Each student is responsible for keeping their own membership up to date.
3. The duration of the Foundation Course is **10 months over a 12 month period, (some tutors prefer not to teach workshops during August and December, please check with your tutor for their course dates)**. The Foundation Course Theory assessment take place at the end of the course and must be completed within that 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.
4. At the end of the Foundation Course, the tutor contacts the Diploma Board Officer who assigns the Foundation Course Theory Assessor. The tutor will inform the students. The students do not normally need to contact the DBO individually at this stage.
5. When all the Foundation Course theory work is complete, use Royal Mail Special Delivery to send the following to the Theory Assessor allocated to you:
  - Check list
  - Theory work
  - Cheque (see Fees) made payable to the Foundation Course Theory Assessor
  - Special Delivery envelope (self-addressed with correct postage affixed) for return of work

It is strongly recommended that you keep a paper copy of the work you have submitted, in case of loss or queries. The Theory Assessor will mark the work and return it to the student with a completed Foundation Course Theory Assessment Form, within 2 weeks.



5.1 The tutor will prepare a report on the student's punctuality, reliability, general demeanour and the regular monthly submission of theory work for marking. The tutor will give the report to the student.

### Foundation Course Notes...cont'd

5.2 The grades awarded for the theory assessment are either 'PASS' or 'REFERRAL'. In the case of a referral for the theory work, errors or omissions can be corrected and the work resubmitted. The student has 3 months to complete this work. After re-submission to the same assessor the work will be marked and returned within two weeks.

6. Within 2 months of passing the Foundation Course Theory Assessment, each student must apply individually to the Diploma Board Officer for the Foundation Course Certificate. Only students who have been issued with a Foundation Course certificate and registered as Foundation Course graduates by the DBO are eligible to continue to the FRYOG 200 hour Teacher Training Diploma.

To apply for a Foundation Course Certificate, **copies of** the following must be sent to the Diploma Board Officer (by ordinary 1<sup>st</sup> or 2<sup>nd</sup> class 'letter' or 'large letter' post, depending on the size and weight of the envelope);

- Completed check list
- Photocopy of Foundation Course Theory Assessment Form
- Photocopy of Foundation Course Tutor's Report
- Self-addressed sticky label for return postage

7. The Diploma Board Officer verifies and registers the award and sends out the Foundation Course certificate to the student by 2<sup>nd</sup> class post. To be valid the Diploma certificate must then be co-signed by the Tutor. **The student must obtain a Foundation Course Certificate before they can continue onto the 2<sup>nd</sup> Year Teacher Training Course.**



## The Foundation Course - Fees and Expenses

### FRYOG Fees

Membership of FRYOG	£20.00 per annum £20 if overseas
Theory Assessment Fee	£55.00

Plus 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

Purchase of mandatory/recommended set books

Other workshops/events

Regular yoga classes with a FRYOG (approved) teacher

Annual FRYOG membership subscription (both during the Foundation Course and after graduation for those wanting to register on the vocational 2 year Teacher Training Course)





## The Foundation Course – Check List

### STUDENT

Title: \_\_\_\_\_ Family Name: \_\_\_\_\_

First Name: \_\_\_\_\_ FRYOG Membership No: \_\_\_\_\_

Name as you would like it on your certificate: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone Numbers:

Home: \_\_\_\_\_ Work: \_\_\_\_\_ Mobile: \_\_\_\_\_

<b>STUDENT NUMBER:</b>	<b>THEORY ASSESSOR:</b>	
<b>Requirements for Entry onto Foundation Course</b>		
Regular attendance at yoga classes for two years		
Written details of previous yoga experience (Yoga CV)		
Membership of FRYOG (annual subscription)		
<b>Requirements for Submission of Foundation Course Theory Work</b>		
<i>Copies of the following must be completed and submitted to the assigned Theory Assessor</i>		
Check list		
Theory work		
Cheque (see Fees) made payable to the Theory Assessor		
Special Delivery envelope (self-addressed with correct postage affixed) for return of work		
<b>Requirements for the Foundation Course Certificate</b>		
<i>The following items must be sent to the Diploma Board Officer to apply for the certificate :</i>		
This completed check list		
Photocopy of Foundation Course Theory Assessment Report		
Photocopy of Foundation Course Tutor's Report		
Self-addressed sticky label (envelope and postage NOT required)		
<b>ENSURE YOUR CERTIFICATE IS SIGNED BY YOUR TUTOR</b>		



## Book List

### Recommended Reading

Author	<b>Anodea Judith TT</b>
Title	Eastern Body Western Mind
ISBN	978-1-58761-225-1
Publisher	Celestial Arts

Author	<b>Blakey, Paul FC &amp; TT</b>
Title	The Muscle Book
ISBN	1-873017-00-6
Publisher	Bibliotek Books, 19, Warwick Road, Stafford ST17 4PD

Author	<b>Carole Kerton FC</b>
Title	Yoga Prescribed
ISBN	978-909900-06-6
Publisher	Marvelous Books, available from Amazon
Author	<b>Carole Kerton</b>
Title	Home from OM – the last Yoga retreat
ISBN	978-1-909900-07-3
Publisher	Marvelous Books
Author	<b>Carole Kerton</b>
Title	Yoga Poses Questions
ISBN	978-1-909900-10-3
Publisher	Marvelous Books

Author	<b>Coulter, H. David TT</b>
Title	Anatomy of Hatha Yoga
ISBN	0-9707006-0-1
Publisher	Honesdale, PA, USA

Author	<b>Dahlke, Ruediger FC</b>
Title	Mandalas for Meditation
ISBN	0-8069-2519-1
Publisher	Sterling Publishers, New York

Author	<b>Fontana, David FC</b>
Title	Learn to Meditate
ISBN	1-900131-91-9
Publisher	Duncan Baird Publishers

Author	<b>Fontana, David FC &amp; TT</b>
Title	The Secret Language of Symbols
ISBN	0-7499-1756-3
Publisher	Piatkus



Author	<b>Feuerstein, Georg FC &amp; TT</b>
Title	The Encyclopedic Dictionary of Yoga
ISBN	0-04-440734-3
Publisher	Unwin Paperbacks, Yoga Reference

Author	<b>Hately Aldous, Susi TT</b>
Title	Anatomy and Asana: Preventing Yoga Injuries
ISBN	0-9736485-0-3
Publisher	Functional Synergy Press

Author	<b>Hewitt, James * FC &amp; TT</b>
Title	The Complete Yoga Book
ISBN	0-09-153221-3
Publisher	Rider

Author	<b>Kaminoff, Leslie TT</b>
Title	Yoga Anatomy
ISBN	13: 978-0-7360-6278-7
Publisher	Human Kinetics

Author	<b>Mascaro, Juan * FC &amp; TT</b>
Title	The Bhagavad Gita
ISBN	0 1404 4121 2
Publisher	Penguin Books

Author	<b>Mascaro, Juan * FC &amp; TT</b>
Title	The Upanishads
ISBN	0 14 04.4163 8
Publisher	Penguin Books

Author	<b>Muktibodhananda, Swami * FC &amp; TT</b>
Title	Hatha Yoga Pradipika
ISBN	81-85787-38-7
Publisher	Yoga Publications Trust, Munger, Bihar, India

Author	<b>Prabhavananda, Swami and Isherwood, Christopher * FC &amp; TT</b>
Title	How to Know God: The Yoga Aphorisms of Patanjali (translators)
ISBN	0 87481 041 8
Publisher	Vedanta Press, 1983



Author	<b>Satyananda Saraswati, Swami* FC &amp; TT</b>
Title	Asana, Pranayama, Mudra, Bandha
ISBN	81-86336-04-4
Publisher	Bihar, School of Yoga, Munger, Bihar, India

**Books marked with \* must be used the rest are recommended but check with your tutor before purchasing which version or publication will be used on the course (this will vary from tutor to tutor).**

**Your tutor may recommend substitute books and/or additional books.**



## Foundation Course Theory Questions

### Guidelines

- Answers may be handwritten or typed, but must be **legible** and in essay rather than note form.
  - Word limits are in brackets. These are the maximum or a range.
  - The question and the question number must be included at the start of each answer.
  - When all the answers are completed, number **all** the pages of the finished work consecutively.
  - Leave enough space for the assessor to add comments (or include blank sheets of paper).
  - Diagrams **must** be included where indicated.
- 

1. Who/What has inspired you to learn more about Yoga or seek a Yoga Teacher Training Course (1000 words)  
(Include in your answer the values, qualities, experience and knowledge gained from your own yoga practice that you would pass on to your future students)
2. What are the main ideas contained in Patanjali's Sutras (1000 -2000 words)  
(Include in your answer a description of the Eight Limbs of Yoga, their meaning and how they relate to Raja Yoga)
3. Comment on the Nature and Meaning of:
  - i) Gnana Yoga (500 words)
  - ii) Karma Yoga (500 words)
  - iii) Bhakti Yoga (500 words)
4. Describe how you would use Mantras and Yantras. What is a Mandala?  
Include your own illustration of a Mandala to support your answer, explaining the symbols you have used (2000 words)  
**Computer generated illustrations will not be accepted**
5. Identify 3 Bandhas and their benefits giving a postures which includes them  
(250 words per Bandha)



## Foundation Course Theory Questions

6. What are the main ideas contained in:
  - a) The Bhagavad Gita (500-1000 words)
  - b) The Upanishads (500-1000 words)Use quotations to illustrate your answer.
  
7. Comment on and show a basic knowledge of:
  - a) The Chakras (1000 words)
  - b) The Auric Sheaths (Koshas) (500 words)
  
8. Describe ***concisely and briefly*** using diagrams, the workings of:
  - a) The Lungs and respiratory system (250-500 words)
  - b) The Heart and circulatory system (250-500 words)
  - c) The Skeleton and muscles (250-500 words)
  - d) The Digestive system (250-500 words)
  - e) The Nervous system (250-500 words)
  
9. Choose a yoga book and give a brief synopsis of its contents. Include in your answer an explanation of why it appealed to you and how the contents have enhanced your own Yoga practice. (1000 words)



## **The Foundation Course Syllabus**

Students should study the following subjects :-

### **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



## The Foundation Course Syllabus

### 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





## The History of FRYOG

The Friends of Yoga Society (FRYOG) was founded in 1970 by a section of the Yoga Institute of Santa Cruz, Bombay, India, with the object of promoting the entire structure of yoga throughout the world, conducting research and advising on yoga education and teacher training. In the beginning membership subscriptions were sent to India and a newsletter published in return. In 1972, FRYOG set up a temporary commission known as the "All India Board of Yoga" encompassing 20 eminent experts on the subject of yoga, bringing their experience and knowledge together, to draw up guidelines on yoga teacher training. These were eventually published and this in depth body of knowledge formed the basis of the FRYOG teacher training Diploma scheme. Wilfred Clark was the Board's "foreign corresponding member" for the UK. When this temporary Board was disbanded, Wilfred was appointed FRYOG's Honorary Organiser for the UK, later being given the appointment of Honorary Director and Vice President of the parent body. (Wilfred Clark was also responsible for setting up the British Wheel of Yoga and was a founder member of The Yoga For Health Foundation.) Wilfred was assisted by John Gent, who remains one of the Diploma Board Assessors of the present day Society. As FRYOG membership grew overseas, the title "Western World" was substituted for "UK" and is now "International".

On the death of Wilfred Clark in 1981, the Governing Council appointed Pauline Mainland as Vice President and Honorary Director of the Western World Community, assisted by a Board of overseas Trustees. In 1984 the organisation was restructured again giving the Western World Community the additional title of "FRYOG Overseas Wing" to be headed by the existing Vice President, Pauline Mainland. Pauline continued to head the organisation for over twenty years and appointed other volunteers including a Diploma Board of Assessors, District Secretaries, Registrar and newsletter Editor/Publisher.

In 1994 FRYOG gained affiliation to the Institute of Complementary Medicine.

When Pauline Mainland died in 2001, she had previously asked that Margaret Pateman take over as Chairman. Margaret was able, with the help of the other FRYOG volunteers to further grow the society. Her achievements are numerous and include setting up a UK Board of Trustees, producing financial reports and arranging the first Annual General Meeting. With her guidance, FRYOG also switched from manual to computer-led administration and launched the FRYOG website.

The 1st official AGM of the Society was held in March 2002 at which an elected Chairman and executive committee were appointed.

In 2007, FRYOG joined the British Council for Yoga Therapy (BCYT).

In 2008, FRYOG gained registration with Yoga Alliance as a Registered Yoga School (RYS®), allowing FRYOG Diploma holders, as graduates of the FRYOG 'school', to register with Yoga Alliance as Registered 200hr Yoga Teachers (RYT®).

FRYOG is also a Registered Yoga School with The Independent Yoga Network (IYN) which is recognised by The Register of Exercise Professionals (REP's)



## The Structure of FRYOG

The Executive Committee is elected at the AGM and consists of :-

- Chairman
- Training & Standards Officer
- Diploma Board Officer
- Treasurer
- Secretary

The Executive Committee meets twice a year. The Minutes of these meetings and the AGM Minutes are published in the quarterly Newsletter.

The members of the Executive Committee are assisted in the day-to-day running of the organisation by the following personnel:

- Membership Officer
- Newsletter Editor/Publisher
- Website Coordinator
- Area Officers

**All the above FRYOG posts are held on a voluntary, unpaid basis.**

The names and contact details of all key personnel (including the approved FRYOG Diploma Tutors and Assessors) are published at the back of the FRYOG Newsletter.

FRYOG is willing to assist all, whether members of the society or not.



## **The Aims and Objectives of FRYOG**

These are the original aims of the society, defined by Wilfred Clark in the early 1970's.

- Propagating comprehensive yoga in all its aspects and carrying on the work of the previous heads of the organisation.
- Supplying the services of qualified tutors as teachers or speakers at meetings and seminars.
- Providing training and examinations for the International Teaching Diploma.
- Providing a register of Diploma holders and information on the nearest yoga classes.
- Refuting by publicity in the media any untruths made publicly concerning the nature and aims of yoga.
- Placing emphasis on voluntary work for the good of yoga and mankind and promoting a world-wide spirit of friendship.