

## FOUNDATION COURSE IN YOGA THERAPY

With

**Nikki Jackson**

### **Introduction**

Thank you for your interest in this Yoga Therapy Modular Foundation course approved by The British Wheel of Yoga. I am looking forward to running this course and my aim is to help you build confidence in delivering safe, thoughtful and creative Yoga Therapy (YT) practises for a variety of chronic health conditions. The essence of most practises will be focused on helping people to ease discomfort, pain and the stress associated with their condition through a variety of breathing practises, deep relaxations, meditations, gentle, soothing yoga movements and where appropriate, held asanas. Emphasis will be placed on *being* with the practise and less on *doing* the practise, which is essential for effective results of YT practises in the long time.

This course will assume that you already have foundation knowledge in anatomy and physiology. It will predominantly be an experiential course, with plenty of opportunities to explore and discuss both beneficial and detrimental practises for particular health conditions. We will be exploring a variety of assessments to suit each individual and discouraging a 'one fits all' approach. There will be opportunities to practise creating Yoga Therapy programmes through case studies with plenty of feedback discussions to aid further learning. There will be plenty of opportunities to personally explore the effects of practises, a time to 'tune in' and become more aware of your own tensions in the mind, body and breath that tend to make you susceptible to ill health. This enables you to teach from the heart, the felt experience and not just from the head, the theoretical perspective. Home practise will be provided to increase felt experience of Yoga Therapy practises and course participants will be encouraged to keep reflective diaries to note the effects.

Please note that this is a foundation course introducing you to the vast subject of Yoga Therapy. Whilst it provides you with a wide range of practises to use therapeutically in classes and one to one sessions, it does not enable you to practise as a fully qualified yoga therapist. The course has been set up to help you decide whether you would like to then go on to attend the full Yoga Therapy Teacher Training, which would then enable you to be an accredited Yoga Therapist.

### **The Teacher**

I have been teaching yoga and yoga therapy practises for 26 years both in the NHS and private sector. I am a qualified Occupational Therapist (OT), whose main aim is to encourage independence in every day life through assessment, implementation and evaluation of both physical and mental health conditions. I view both Yoga and Occupational Therapy as excellent therapies to promote the concept that we have inner resources to rehabilitate ourselves with the help of the therapist who, with skills and knowledge, is the guide on this journey.

I have worked in NHS areas of neurology, elderly care, paediatrics and social services for a variety of health conditions. I have worked in area of mental health and in the last 12 years, in forensic psychiatry as Head Occupational Therapist of the Pre Discharge unit.

I am a fully accredited Mindfulness Teacher (part of the UK networks of government standard approved teachers) and run regular Mindfulness for Stress and Mindfulness for Pain and Chronic Health 8 week courses at a large GP Health Centre. The practises are

particularly beneficial in helping people live with chronic illness and pain.

### **Entry Requirements**

As the course is designed to further your teaching proficiency, you need to have completed a yoga teaching qualification either through, or recognised by BWY. Please note that it is a requirement to have a current membership with BWY, you can join here [www.bwy.org.uk](http://www.bwy.org.uk)

Please also note that applicants should be able to read and understand a good level of English as some reading and writing is required on the course.

### **Assessment and Evaluation**

Assessment is continuous with the following evaluation methods:

- **Quiz** – each week a quiz to help you discover what you know and do not know regarding health conditions.
- **Case studies** – as part of non compulsory home practise, you will be given the option to choose a case study in order to design a Yoga Therapy programme to meet the needs of the individual's physical, mental, emotional, spiritual and environmental needs. You will be able to email this to me prior to the next meeting for feedback and this gives me an opportunity to see how well you are absorbing the content of the course and how best to support you further. It will also give you an opportunity to further explore ideas, which you can bring to the group the following session as part of revision
- **Individual support at the mid stage of the course** – you will have an opportunity to meet with the tutor on an individual basis to discuss your progress through the course both in terms of personal development and in your teaching delivery
- **Home practise** – You will be given a variety of Yoga Therapy practises to explore at home. You will have an opportunity to lead some of these sequences and practises (asanas, vinyasa flow sequences, pranayama, relaxations and meditations) and this will form part of the observational assessment of your understanding of how to deliver suitable practises in YT programmes
- **Reflective diaries** – You will be encouraged to keep a reflective diary of your home practise so that you can observe your responses to practises in the mind, body and breath. This will help you further identify areas that are blocking the 'felt experience' so you can begin to ease and this will become a valuable foundation in your understanding of the benefit of YT practises

*Please note that a minimum of 20 hours home study, which includes reading, practise and reflective diaries, is required for this course.*

- **Formal Exams** – there are no formal exams on this course

### **Course Evaluation**

You will be encouraged to fully evaluate this course to help improve it for future students

### **Attendance**

An 80% attendance rate is required for successful completion of the course. That means you are allowed to miss one of these days

### **Qualification**

There is no formal qualification for this course but you will receive a British Wheel of Yoga certificate for completion of the course. You will also gain CPD points.

### **Progression**

This course serves as a foundation in developing core skills and approaches in the basic principles of Yoga Therapy. You could then go on to attend a UK networks Yoga Therapy

course, accredited by British Council for Yoga Therapy of which the approximate cost is currently between £2500 - £5000 .

You will find that in completing this course, it will not only be your students who benefit but also your family and friends who will indirectly learn from your new insights and ways of managing your own discomforts in life. This creates an improved outer peace, which becomes absorbed by those around you.

### **Cost**

The full cost for the course is £595. A non-refundable deposit of £100 is required to confirm your place and all remaining fees must be paid no less than 4 weeks before the start of the course. Once the course has begun the fees are non refundable but any course day you miss, you can join that day on another course. You will also be sent all information, handouts for that day via email.

You can pay in full via BACs (please email me for details) or via a cheque made payable to Yoga Focus, 4 Blenheim Terrace, Chipping Norton, OX7 5HF.

Arrangements can be made to pay in instalments via direct debit provided the full sum has been paid prior to the start date.

There is also a BWY modular course registration fee of £60, which needs to be paid separately no later than 4 weeks prior to the commencement of the course, either via BAC or cheque. I will then register you with BWY for this modular course.

Unfortunately any days missed will not be refunded but students can obtain all handouts and liase with tutor via email as regards any queries relating to course content for that missed day.

### **Venue**

There course will be held in Chadlington village hall. Chadlington is a small village that has a local tea shop and a health food shop for snacks. It is set in beautiful countryside. The address is:

*Chadlington Village Hall, Nr Chipping Norton , Oxfordshire, OX7 3NX*

A link to the venue can be found here:

<https://www.google.co.uk/maps/place/Chadlington+Memorial+Hall/@51.8955,-1.5306027,15z/data=!4m5!3m4!1s0x4876d33d546469e7:0xb20ddc6e96896abe!8m2!3d51.8955!4d-1.521848?hl=en-GB>

### **Course dates and times**

The course days will be held from 9.15am – 4.30pm on 6 Saturdays spread over 7 months as follows:

**2019** - 5<sup>th</sup> October, 9<sup>th</sup> November, 7<sup>th</sup> December

**2020** - 11<sup>th</sup> January, 8<sup>th</sup> February, 22<sup>nd</sup> March

### **Structure of Course**

This module will be a 42 hour direct contact and minimum of 20 hours self study course, 6 days spread over approximately 6 months.

Each day will include:

- Introduction & feedback from home practise
- Tuning In – experiential practises that deepen sense of own current health and well being

- Theory – quiz in pairs on specific health condition (themed each week – areas include Elderly Care, Cardiovascular, Respiratory conditions, Mental Health conditions, Cancer, Neurological conditions, Spinal and Musculo-skeletal conditions) plus group feedback
- Case Studies – designing YT programme for specific health condition in small groups
- Presentation – each group presents case study to other groups
- Feedback and Discussions
- Lunch
- Models of Practise – exploring appropriate assessments for themed health condition for the Day, to include Koshas as the main Model but also the Gunas, Doshas, Chakras, Vayus and kleshas, all of which you will need to have some prior basic knowledge of.
- Professional Studies – exploring legal aspects, risk assessments, the therapeutic relationship, CPD, codes of conduct and ethical practise
- Pain Management and the HPA Axis
- Asana and Vinyasa Flows appropriate and contra-indications
- Breathing Practises and Pranayama – relevant to the themed health condition, contra indications and benefits of pain and stress relief but also opportunity for ‘felt experience’
- Mantras and Chanting
- Mudras
- Deep Relaxations and Meditation – relevant to the themed health condition, contra indications and benefits for pain and stress relief but also opportunity for ‘felt experience’

*Depending on availability, it is hoped that at least one guest speaker will speak to the group as regards their felt experience of the benefits of Yoga Therapy in relation to the chronic health condition they are suffering from. This is yet to be confirmed.*

### **Course Aims and Learning Outcomes**

For each student to learn how to use a variety of safe and effective YT practices for specific chronic health conditions

- For each student to learn to use safe and effective YT practices for specific health conditions
- For each student to enhance their existing teaching skills by deepening their ability to assess, implement and continuously re-evaluate therapeutic yoga practices for specific needs.
- For each student to become more adept and creative in choosing different models of practice that are more suitable for the needs of their clients and their health condition
- For each student to become more ‘tuned in’ to their own health, so as to be able to teach from the heart, a felt experience as opposed from only a theoretical basis.
- For each student to develop supportive, compassionate communication skills related to their client’s needs whilst maintaining professional boundaries
- For each student to develop a higher standard of professionalism regarding their administrative processes, legal requirements, health and safety and CPD choices related to Yoga Therapy

The modular course relates to the guidelines of The British Council for Yoga Therapy who state that their aims are to “*view the person as a whole: an integrated system of mind, body and emotions. Yoga Therapy can address these different aspects as appropriate, to promote healing and improve health*”.

### **Certification**

A BWY certificate of completion of the Yoga Therapy Modular Course will be given at the end of the course

## **Student Input**

- Students will be expected to collaboratively explore and discuss Yoga Therapy programmes for variety of case studies in small groups and be able to feedback to larger group
- Students are required to do home practise, study through suggested reading and keep a reflective diary to review their experience

## **Complaints Procedure**

- In the event of a complaint being raised about the content or a tutor on a BWY Modular course, in the first instance, it is desirable that the complainant should raise the matter with the tutor running the course and the matter be resolved at this level
- If this is not possible, or this has been tried to no avail, the matter should be brought to the attention of the Modules' officer, in writing. This Module's officer will mediate in consultation with the Education Committee Chair. The complainant will be informed of the decision taken and any measures decided upon as soon as possible
- Written records of all data and correspondence involved in the complaint to be retained by the Modules' Officer

## **Suggested Books**

There are no actual set books for this course as it is a huge subject and no specific books can cover everything. However the following list of books are suggested to help orientate you around the subject:

### ***Advised:***

- "Yoga Therapy and Integrative Medicine", Larry Payne, Terra Gold and Eden Goldman (2015), Basic Health Publications
- "Asana Pranayama Mudra Bandha" – Swami Satyananda Saraswati (2008) Yoga Publications Trust
- "The Yoga Sutras of Patanjali" – Sri Swami Satchidananda (1990), Integral Yoga Publications
- "Hatha Yoga Book 7" – Sri Swami Sivananda Saraswati (2013) Yoga Publications Trust
- "Mindfulness for Health" - Vidyamala Burch and Danny Penman (2014) Clays Ltd Publishers

### ***Optional:***

- "Yoga and Cardiovascular Management" -Swami Satyananda Saraswati, Yoga Publications Trust (2005)
- "Yoga Management of Cancer" -, Dr Swami Nirmalananda (2009), Yoga Publications Trust
- "Yoga Nidra" – Swami Satyananda Saraswati (2015) Yoga Publications Trust
- "Yoga Therapy, For Parkinson's Disease and Multiple Sclerosis" – Jean Danford (2016) Singing Dragon publishers
- "Anatomy of Yoga" – Dr Abby Ellsworth (2010), Hinkler Books Ltd
- "Living Well with Pain and Illness" Vidyamala Burch (2011) Piaktus Publications
- 'The Mindful path to self-compassion' – Christopher Germer (2009), Guildford Press
- "Key Concepts in Mental Health" – David Pilgrim (2012), Sage Publications
- "The Mindful Way through Depression" – Mark Williams, John Teasdale, Sindel Segal and Jon Kabat-Zinn (2007) Guildford Press
- "The Breathing Book" – Donna Farhi, (1996) Henny Holt and Company
- "Yoga of the Subtle Body" - Tias Little (2016) Shambala

## Summary

I hope the above course content is of interest to you and that you feel you would like to join the course. There are so many people out there who have been put off yoga from being taught inappropriate yoga practises that do not meet their current health needs or even further exacerbate their discomfort and pain. As Yoga Teachers I feel we have the skills set to help so many people suffering with chronic health conditions, to live easier day-to-day lifestyles. Learning to listen, observe and continually adapt practises to ease and gently soothe the pain and stress that they will most likely be suffering from, will help us to create the foundations of becoming much sort after, professional yoga therapists in the future.

If you are now clear that you would like to book onto this course , please now fill in the attached application form. If you have any further queries about the course please email me

*Look forward to hearing from you,  
Namaste,  
Nikki*

www.yogafocus.co.uk  
Email: [Nikki@yogafocus.co.uk](mailto:Nikki@yogafocus.co.uk)



### **British Wheel of Yoga Yoga Therapy Module**

#### **Application Form**

Name:	BWY Membership No:
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Date of Birth:	Nationality:
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Address:
Tel:
Email address:

Do you have any pre-existing medical conditions? Please state below.
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How much Yoga have you done and in what style?
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Why would you like to learn about Yoga Therapy? Tell us about yourself. (150 words)

I hereby confirm that I have read and understood the all the information provided on the Yoga Therapy Module and understand that Certification is dependent on successful completion of the course. I confirm payment of the deposit of £100 to book a place. I agree to pay the remaining fee (£495) at least one month prior to the start of the course and will pay the additional registration fee of £60.

Signed .....Date.....

Please send your completed application electronically to [Nikki@yogafocus.co.uk](mailto:Nikki@yogafocus.co.uk) or alternatively via post to:

**Nikki Jackson, 4 Blenheim Terrace, Chipping Norton, OX7 5HF**

Many thanks and Namaste,  
*Nikki*