

The British Wheel Of Yoga

Foundation Course Level 1



This course will be held on the last Saturday of each month starting in September for 10 months (excluding August) finishing in July 2016. Classes run from 9.30 - 4.30pm.

It is important to have practiced Yoga for at least 2 years before starting, as the programme takes you more deeply into the many aspects of yoga. The Foundation Course stands on its own, but for those who want to consider teaching yoga, it is also the first stage of the BWY Teacher Training.

Please feel free to contact me with any questions and the cost of the training.

To be held at:

The Northcray Neighbourhood Centre
1 Davis way, Bedens Road, DA14 5JR Free Parking
Enquiries to 01322 685349 or 07930498392
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