

Venue

BoCo Surbiton

www.boco-uk.com

Surbiton is an easy and very quick train ride from London and many surrounding areas.

Parking is available close to the studio on Sundays and there are supermarkets and local coffee shops near by. There is also a small kitchen with a microwave and kettle for your use.

Dates

Sundays

13 & 27 October 2019 / 24 November 2019

15 December 2019 / 26 January 2020

23 February 2020 / 15 March 2020

19 April 2020 / 17 May 2020

7 June 2020 / 12 July 2020

10.45 - 18.15

Please note: dates may be subject to change

Cost

£750 for the full course of 72 hours over 11 months. Student membership of TSYP (£15 pa) and a £10 admin fee will also be added to this.

There will be a maximum of 12 students.



www.justbe.yoga

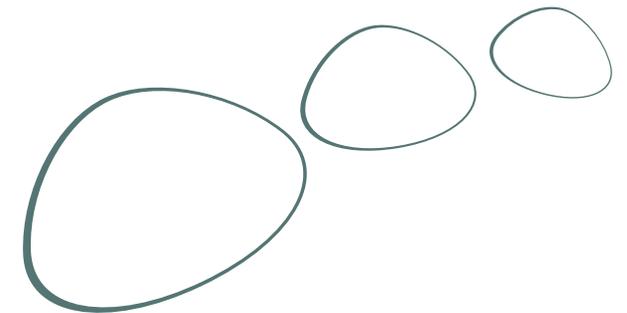
Applying the principles of classical yoga
to build resilience for modern life.

bea@justbe.yoga | 07767 795 396

just **be** yoga

TSYP

Yoga Foundation Course
2019 - 2020



Led by Bea Teuten

BWY and TSYP Yoga Teacher
CNHC Yoga Therapist
Vedic Chant Teacher

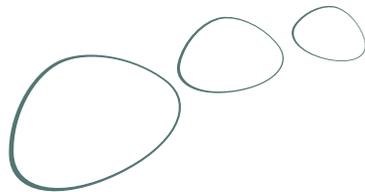
Course Overview

This course is designed for committed students of yoga who wish to deepen their knowledge, develop a personal practice or as a stepping stone towards a teacher training course.

Whilst there is no obligation to continue to a teacher training course, most teacher training courses will require a student to have completed a Foundation Course before embarking on teacher training.

TSYP is the organisation in the UK which represents the rich and ancient teachings of Sri Krishnamacharya and his son TKV Desikachar. Krishnamacharya is known as the 'father of modern yoga' and his son is widely credited with bringing the teachings of yoga to the West.

www.tsyp.yoga



Attendance

Students will be awarded a certificate of completion by TSYP at the end of the course. The attendance requirement for this course is 85%.

Content

Āsana

Classification of postures, vinyasa krama, modifications, adaptations and how to develop a personal practice.

Prāṇāyāma

Basic breathing techniques, benefits and precautions.

Meditation

Introduction to key yoga concepts including concentration, meditation and subtle practice.

Mantra and Chanting

Study of sound in āsana, introduction to Vedic chanting including peace and health chants.

Yoga Philosophy

Introduction to the Yoga Sutra-s of Patanjali, and the key concepts.

History of Yoga

Origins of yoga including an overview of some of the Veda-s and the six Indian darśana-s.

Āyurveda

A short introduction to the key concepts

Teacher

Bea Teuten

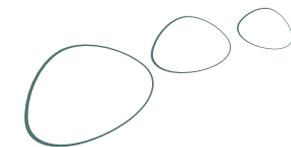
Having worked as a lawyer and mediator in the healthcare sector for many years, Bea has been practising and studying yoga for the last 15 years.

A qualified teacher and registered yoga therapist, Bea works in a wide range of settings – studios, one-to-ones, cancer centres – and runs courses on yoga for resilience in the healthcare sector.

Bea is also a Director of the Complementary and Natural Health Care Council and Vice-Chair of TSYP.

www.cnhc.org

Bea continues her studies with Gill Lloyd and Radha Sundararajan.



Level

You should have had a minimum of two years yoga experience with a suitably qualified teacher in order to participate in this course.

For more details and an application form please email Bea Teuten - bea@justbe.yoga