

*Kari Knight presents the
British Wheel of Yoga Foundation Course 2*

This is a personal development course with special focus on building a regular pranayama and meditation practice and is for those wishing to further deepen or refresh their studies of all aspects of yoga. The course is a creative balance between practical and theoretical and students will be well supported throughout to develop the self-discipline needed to sustain a regular meditation and pranayama practice. The FC2 is suitable for those who have completed the BWY Foundation Course 1 or suitably established in their practice with recorded prior learning from any other educational yoga body.

*“We grow the mind and body into
transcendence slowly, naturally.”
Alistair Shearer*



Slide contents

1. Opening slide
2. Contents
3. Patanjali
4. Bhagavad Gita
5. Tutor comment
6. Pranayama and Meditation Practice Record
7. FC2 Syllabus
8. FC2 Syllabus continued
9. Dates and Zoom
10. Course fees
11. Study hours
12. Book list
13. Intended Learning Outcomes
14. Equipment
15. Biography of tutor Kari Knight
17. Contacts



The Sutras of Patanjali

Chapter 1.2. “Yogah cittavritti nirodhah ”If we can still the movements of consciousness our soul will be revealed to us.”

Meditation practices drawn from the Sutras of Patanjali will help your confidence grow whilst developing and sustaining a regular meditation practice. The many health benefits of regular meditation are widely known and scientifically proven. Together we will explore Patanjali's system of Raja yoga or 'yoga of the mind'. Many approaches to meditation, including mindfulness, will be practiced during the course. Students will receive MP3 audio recordings of the guided practices to support their home practice and each session will be available after each study day as an MP4 video recording on Google Drive.



The Bhagavad Gita

The Bhagavad Gita is the most popular of the scriptures of Hinduism, runs to eighteen chapters, and includes teachings that cover almost every aspect of both the Indian philosophical and religious spectrum which can today be applied to our day-to-day lives. The Gita is a complex and rewarding text. Together with the Sutras we will study Chapter 6 which covers instruction on the technique of meditation, as well as consider concepts such as 'reincarnation', 'karma' and 'dharma'. The Gita has many definitions of yoga in practice, such as "skill in action" and "the state of non-attachment in the midst of action". Yoga according to the Gita means 'union' and refers to the union of the limited individual consciousness with the cosmic, divine consciousness. Union can be explored through 'samadhi', the settled mind state experienced during meditation.



Tutor comment by Kari Knight

This course opens up new possibilities with advancement of pranayama techniques and meditation. The course interweaves the teachings of Patanjali, whose philosophical threads of knowledge were first recorded in around 5th Century BCE, with modern approaches to yoga and meditation techniques. The philosophy taught by Patanjali reflects that within us peace exists and it is only ourselves that choose to disturb it and only ourselves who can bring it back into our lives. Samadhi, Patanjali's eighth limb, translates as "the settled mind". It is through this state that we can attain this peace, witnessed in every depiction of the Buddha... an outward reflection of exalted inner joy.



Pranayama and Meditation Practice Record

A pranayama and meditation practice record is part of your journey. This will help you note down and remember the effects of particular techniques and how the practice of pranayama and meditation can enhance purification, an important aspect of self-realisation.

The course tutor will help you with personal development giving advice and encouragement. A digital worksheet will be provided so that a monthly summary of your pranayama and meditation practice is easily compiled. Feedback is provided on this digital worksheet by the tutor each month.

Gradually, naturally, you will be able to build a regular pranayama and meditation practice to suit your needs and this will be sustained and nourished by your home practice.



Foundation Course 2 Syllabus

PREPARATORY Kriya (cleansing practices): Jala Neti (nostril cleansing using salt water), Kapalabhati, Bhastrika, Nadi Sodhana (as kriya of pranayama), Simhasana, lion breath (as a kriya in asana), tongue cleaning.

MUDRAS (gesture/aeal) Kaya mudras (Pashinee, Tagadi, Prana Mudra) **BANDHAS** (energy locks) Jalandhara Bandha (throat lock); Uddiyana Bandha (abdominal lock); Mula Bandha (root lock); Maha Bandha or Bandha Triya (great lock).

ASANA we explore in more detail many asanas including up-face dog, the Warrior series, bow, wide-angle forward bend, bind in seated twist, boat, headstand and seated lotus, approaching them from a variety of traditions.

PRANAYAMA Kumbhaka: retention, suspension, with mudra and bandha applied for Ujjayi and alternate nostril breathing methods. Ratios are explored to meet individual needs.



FC2 syllabus continued...

MEDITATION Postures for meditation, defining Mindfulness (Smriti), defining Calm Abiding (Samatha). Exploring Patanajl's approach to meditation in Chapter 1, 32-39 including yantras, inner light, guru, various breath techniques (abdominal/nostril /Kumbakhas). Exploring other Sutra-inspired meditation practices including Tratak (candle gazing), sound, tactile sensation, visualisation, mantra, walking, prayer, the inner guru. We will explore many approaches to meditation, cross-referencing other traditions.

PHILOSOPHY Themes from the Sutras of Patanjali Chapters 1 and 2 including... What is yoga? What is mind? How can we attain the yoga state? What difficulties might we encounter and how can we overcome them? What does yoga bring us? One written assignment on Chapters 1 and 2 of the Sutras forms an optional part of home study. We cross reference philosophical ideas with the Bhagavad Gita and Upanishads.



Dates on Zoom platform

2023

Introductory
morning:

9 December 2023

This course will be delivered on Zoom with MP4 recordings of all study days uploaded to Google Drive. These videos will be available throughout the course and afterwards.

Saturday study
days:

13 January 2024

3 February

16 March

20 April

4 and 18 May

8 June

27 July

7 and 28

September

During the course the guided practices of meditation and relaxation will be available as MP3 audio recordings for home practice. Being guided whilst developing a meditation practice may be essential and you can further enjoy the benefits of the guided relaxations at home.

Study days will begin at 8am and end at 13.30pm. There will be a variety of subject matter to keep the sessions lively and we take a mid-morning tea break.

If you are absent you can follow the recording another time to suit you. If absent, students are required to briefly summarise what they have learned from the recording as evidence of learning.



Course Fees

- A deposit of £125 is required to secure your place. The £125 deposit will later be deducted from the total tutor fees. The deposit is refundable should you withdraw due to unforeseen circumstances.
- Tutor fee £725. Tutor fees can be paid in one single payment or four installments (with the first payment due on 1 January 2024 and subsequent payments due February-April.)
- After deduction of the deposit, the remaining tutor fee is £600. If paying by installments, there will be four payments of £150.
- For students undergoing financial hardship, please apply for bursaries well in advance and concessions are available on request..
- Ordinary membership of the BWY to be arranged independently online at bwy.org.uk. Annual membership is currently £42.
- BWY course registration fee of £60 to be paid with the deposit.
- After joining the course, fees are non refundable even if a student subsequently choses to withdraw.



Study hours

- Students need to attend at least 80% of the study days in order to obtain certification from the British Wheel of Yoga.
- The amount of time needed for home study and practice can be flexible and you will be guided throughout.
- Students will be expected to continue to attend a regular community yoga class during the course.
- Obviously allowing sufficient time for practice, study and reflection is important.
- The study days are held on Zoom and links, together with the day's agenda will be provided beforehand.
- Students will be given the option to self-evaluate, assessing the effects of pranayama and meditation on digital worksheets.
- Suggested guidance will be given for practice development and progression as we move through the course.
- A practice sheet is provided after each study day to guide students on optional home study and reading.



Book List

The Bhagavad Gita, A Walkthrough for Westerners, Jack Hawley
(New World Library, ISBN: 978-1-60868-014-6) *

The Essence of Yoga, Bernard Bouanchaud (ISBN: 0-915801-69-8),
optional purchase.

The Yoga Sutras of Patanjali, translation and commentary by Sri
Swami Satchidananda (Integral Yoga Publications, ISBN 978-1-
938477-07-28*

Yoga Mind, Body & Spirit, Donna Farhi: A Return to Wholeness
(ISBN: 0-8050-5970-9)

Yoga for Transformation: Gary Kraftsow (Penguin Compass, ISBN 0-
14-019629-3).*

Yoga for Body Breath and Mind, A G Mohan (Rudra Press, ISBN: 0-
915801-51-5)*

Hatha Yoga Pradipika (pls ask tutor for a recommendation).*

Light on Pranayama, The Yogic Art of Breathing, BKS Iyengar.*

*Note: second hand versions
available on Amazon. Books
marked with * are essential.*



Intended Learning Outcomes

1. Practise safely a range of yoga asanas from the syllabus.
2. Demonstrate improved concentration and inner stillness during asana practice.
3. Use kriyas (cleansing practices) as a preparation for yoga practice.
4. Develop pranayama techniques using ratio, retention and bandha.
5. Appreciate the use of mudra and bandha to enhance energy flow.
6. Practise a variety of suitable relaxation and meditation techniques.
7. Integrate some elements of practical yoga philosophy in daily life.
8. Design and perform personal practices to meet own needs.
9. Recall some concepts of Patanjali yoga, Chapters One and Two.
10. Further define commonly used Sanskrit terms relating to yoga.
11. Demonstrate an improved understanding of pranic anatomy including the Koshas, Nadis and the Chakras.
12. Demonstrate an appreciation of the further study of chosen texts.



Equipment needed

Usual yoga wear.

Mat, blocks, belt, bolster or Zafir cushion.

Text books if specified on that day's agenda.

The agenda, together with some pre-study handouts, will be supplied approximately 10 days in advance of the study day.

The latest version of Zoom software.

A quiet space.

Enthusiasm.

Open mind.



Biography of Kari Knight

Kari has practiced yoga since 1994. Her interest in meditation and mind-stilling techniques has influenced the type of yoga she teaches. Initially taught in the Viniyoga tradition of Khrishnamacharya and later influenced by the teachings of Scaravelli, the emphasis on her teaching style is naturalness of movement and embodiment of mind and body through the breath. Other significant influences have come from Sanskrit Scholar and meditation teacher Alistair Shearer and the teachings of Donna Farhi, Peter Blackaby and Sarah Powers. Kari holds a 500-hour British Wheel of Yoga Diploma (2004), Stage 1 Remedial Yoga, Yoga for Health Foundation (2006), BWY module Yoga For People Living with Cancer (2010), BWYQ Teaching Mindfulness and Compassion Therapeutically (Mindfulness UK 2014), Restorative Yoga Teacher Training (Camyoga, 2017), and Level I & II Teaching Yin/Yang Yoga and Mindfulness Meditation (Sarah Powers, Insight Yoga 2017-18) and Yoga Nidra Teacher Training (Satyananda School 2021). Kari teaches the BWY's Foundation Courses 1 and 2, the BWYQ Certificate and Diploma in Teaching Yoga, BWYT module 'A Therapeutic Approach to Cancer Recovery'.



Contact and application form

For an application form please contact

Kari Knight

07941 939645

www.kariknight.co.uk

kariknightyoga@gmail.com

“There are three main methods of purification: the refinement of one’s thoughts, words, and deeds - also called the purification, respectively, of one’s instruments of mind, speech, and body. When you modify these three you automatically change for the better.”

XVII, 14

Bhagavad Gita

