

## Introductory Workshop Booking Details

### All the IW weekends:

Will be at Yoganjali in Bristol from  
10.00am - 5.30pm Saturday and 9.30 – 4.00pm Sunday.

### The IW Weekend Fees are:

£130 for 2010 and £135 for the 2011 weekends including delicious vegetarian lunches, ongoing refreshments and snacks, all tuition and a 50 page colour manual.

The full fee is payable when booking. All places are subject to confirmation and the workshops must be paid for even if unable to attend. Though you may be able to transfer your booking.

All fees payable to Paul Harvey. Please send all deposits to Yoganjali, Princes Place, Bishopston, Bristol BS7 8NP.

### About Paul Harvey



Paul met TKV Desikachar in 1976, this led to a two-year stay in India from 1979. Returning many times he studied individually with his teacher from 1979 until 2002.

To complement this work, he completed a foundation course in Core Process Psychotherapy and trained as a counsellor and facilitator in Transpersonal Psychology.

He directs a Yoga centre in Bristol, teaches individuals, trains teachers and leads workshops on Yoga and Yoga Chanting.



## The Introductory Yoga Study

Programme offers two days exploring  
the core principles of Yoga

July 17/18<sup>th</sup> 2010 in Bristol

October 30/31<sup>st</sup> 2010 in Bristol

January 29/30<sup>th</sup> 2011 in Bristol

May 14/15<sup>th</sup> 2011 in Bristol

In Bristol

with Paul Harvey

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Phone: 07768 278 728  
Email: [info@yogastudies.org](mailto:info@yogastudies.org)  
Web: [www.yogastudies.org](http://www.yogastudies.org)

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## Introductory Workshop Courses

IW courses are open to all except complete beginners and offer Yoga for any background or style, either for personal development or professional skills. They offer an opportunity to explore this approach to Yoga and are also a prerequisite to Foundation Study and Teacher Training Courses.

**Aims:** To present a view of Yoga through which students can deepen their own practice and study. The role of this Course is not to train students as Yoga teachers.

**Framework:** The IW course reflect the teachings of TKV Desikachar and his father and teacher T Krishnamacharya as taught to Paul Harvey over 25 years through:

- Guidance in emphasising a practice to support your life.
- Understanding the principles which inspire Yoga practice.
- An overview of important teachings around body and mind.
- Familiarisation with basic Yoga terms and practice techniques.
- Appreciating how your body can work effectively in asana.
- Deepening our work with the breath in practice.

### IW Course Weekend sample schedule for Saturday

10.00 - Introducing the days themes  
10.15 – Asana Practice  
11.00 - Break  
11.15 - Yoga Sutra Study  
12.00 - Break  
11.45 – Asana Study and Workshop  
1.00 - Lunch  
2.00 - Yoga Practice Theory  
2.45 - Break  
3.00 - Yoga Practice Theory  
3.45 - Break  
4.00 - Breathing Theory/Practice  
4.45 - Asana Practice  
5.15 - Closing and Review  
5.30 - Departures

### IW Course Details:

#### IW Duration:

A total of 15 hours (10 hours tuition time plus a minimum of 5 hours guided home study and practice research hours) through two days.

#### IW Prerequisites:

A minimum of one year's attendance at a group class of any Yoga approach, or 10 individual lessons with any Yoga teacher.

#### IW Feedback:

Support and advice will be offered on the students' progress and on the possibilities for further development after the course.

#### IW Certification:

The Introductory Study Course Certificate of Completion is awarded to successful students with 100% attendance.

### IW Course Topics total over 10 hours of tuition through:

#### Yoga Practice - 2.5 hours

- Learning the skills to refine your own practice.

#### Yoga Sutra - 1.5 hours

- Exploring some key concepts in this important Yoga teaching.

#### Postures (Asana) - 4.5 hours

- How they are arranged.
- Why counterposes are used.
- How we breathe in postures.
- Why we adapt our practice.
- Learning to look into our practice with greater awareness.

#### Seated Breathing (Pranayama) - 0.75 hours

- Learning simple breathing practices.

#### Course Review and Home Study Guidelines - 1.0 hour

- Informal guidelines of a practical nature through review, reading, questions for reflection and personal practice.