

Programme Hours: Over 500 hours over three years through:

- 425 contact hours over 21 non-residential three day workshops with Paul Harvey and Specialist Faculty Teachers.
- 20 hours personal lessons with an experienced teacher.
- 10 hours individual and group class supervision for your current teaching work from the second year with a supervisor.
- 5 hours (approx) external group class assessment from the second year with an acceptable external assessor.
- 100 hours in home study and course completion projects.
- 80 hours personal teaching experience through group classes and individual tuition and therapy one to one lessons.

Assessment and Projects: There will be teaching and practice assessments with emphasis on the overall quality of the individual students' development. Plus all students will need to teach group classes by the year 2 and individuals by the year 3.

Diploma: As well as cYs Practitioner status, students will qualify for UEFNY European Yoga Teacher Registration, the BWY Yoga Teaching Accreditation Status and CNHC UK Yoga Therapy Registration.

Fees: The total cost for the 2013/15 course will around £5700, plus around £300 BWY associated fees. This breaks down annually into:

£1500 per year fixed over three years for 7 three day weekend workshops in Bristol including lunch. This would be payable over each year through a negotiable bank schedule. All Workshop fees must be paid for even if the student is able to attend.

£400 per year (approx average if based on £40 per hour) for 20 hours of personal tuition and 10 hours of group and individual supervision payable directly to the teacher or supervisor at the time of tuition.

A Programme Registration Deposit of £600 payable to cYs is required on acceptance. This is offset against Year Three Workshop costs.

Applications: Applications for a place can be made using the application form by post, email or fax. We can discuss it further from there.



Yoga Teacher and Yoga Therapy Practitioner Training Programme

Leading towards
UK and European Accreditation as
a professionally qualified Yoga Teacher and
CNHC UK Registration as a Yoga Therapist

January 2013 to December 2015

in Bristol with Paul Harvey

Phone: 07768 278 728
Email: info@yogastudies.org
Web: www.yogastudies.org

The Yoga Training Programme offers an in-depth Course to develop the personal and professional skills in working with group classes and one to one teaching or therapy.

Framework: To provide an in-depth study of Yoga as a:

- Learning or healing practice for groups or individuals.
- Teaching from Desikachar and T Krishnamacharya.
- Philosophy and Psychology.
- Complementary Therapy.

Teaching: The Yoga Training Programme reflects the teachings of TKV Desikachar and his father and teacher T Krishnamacharya as taught to Paul Harvey over 25 years.

Prerequisites: A minimum of 60 contact and home study hours through Foundation Courses or the equivalent through an acceptable study alternative. Plus a successful evaluation day in Bristol.

Teachers: The Programme will be led by Paul Harvey with support from faculty assistants and specialist tutors.

Group size: Will be up to 16 students.

The YTP topics are:

1. Sadhana - Practice Skills

- Individual lessons.
- Group workshops to develop planning and observational skills.
- Building and working with basic, group class and personalized practices.

2. Yoga Sutra and Texts

- Study of Yoga Sutra.

3. Roots of Yoga

- Definition and Approaches to Yoga.
- Overview of related texts

4. Asana - Postures

- Definition in Yoga texts.
- Detailed study of 32 Primary Asana.
- Introduction to Intermediate Asana, and overview of Advanced Asana.
- Classification, sequence, compensation and breathing.
- Movement, stay and adaptation.
- Sound, Mudra and Bandha.
- Apprenticeship in theory and practice of Observation.

5. Pranayama – Breathing

- Definition in Yoga texts.
- Study of main techniques and theory of Prana.
- Preparation, classification, components and sequence building in Pranayama.

6. Dhyana - Meditation

- Introduction into the various aspects of meditation.
- Basic techniques applied through Asana and Pranayama.
- Refinement of Meditation.

7. Yoga Cikitsa - Therapeutics

- Introduction to diagnostic therapeutic models.
- Application of therapeutic models to healing Yoga.
- Introduction to Ayurveda and its links with Yoga.

8. Viniyoga - Application

- The work of T Krishnamacharya and TKV Desikachar
- Eastern and Western teaching and the student teacher relationship.
- Application to group classes and individuals lessons.

- Advantages and disadvantages of individual and group tuition.
- Organizational aspects of Teaching.
- Ethical aspects of Teaching.
- Introduction to Counseling.

9. Sanskrit and Nada - Sound

- Introducing the Romanized alphabet.
- Understanding the important names in Practice.
- Application of voice work and techniques for sound.
- Reciting Yoga teachings.

10. Annam – Human System

- Study of anatomy, physiology, pathology and pharmacology.
- Study of Kinesiology.

11. Svadhyaya - Home Study

- Practical study through reading, practice planning and theory questions.
- Completion of final year Yoga Sutra study project.
- Completion of 80 hours external group and one to one teaching.