

**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 Diploma and CNHC UK Yoga Therapy Registration.

**Fees:** The total cost for the 2010/12 course will around £5400, plus around £300 BWY associated fees. This breaks down annually into:

£1400 per year fixed over three years for seven 3 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

March 2010 to December 2012

in Bristol with Paul Harvey

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**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.