

# *eBrochure Winter 2009*

**The Art of Personal Yoga begins with an inquiry into our physical limitations and evolves towards exploring our spiritual potential.**

**Individual Yoga Study or Yoga Therapy  
Group Yoga and 121 Teaching Supervision  
Introductory Yoga Study Programme  
Foundation Yoga Study Programme  
Yoga Teacher and Yoga Therapy Practitioner Programme  
Yoga Therapy Practitioner Programme  
CPD In-Service Training Programme  
Mantra and Yoga Chant Programme**

**This work is gratefully inspired by Paul Harvey's many one to one lessons in India with his teacher TKV Desikachar over 20 years.**

Centre for Yoga Studies  
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## **- Yoga Practice Study and Training Options -**

### **Individual Lessons for Yoga Study or Yoga Therapy**

Private meetings are available and encompass both traditional and modern approaches to Yoga. They offer Yoga as a healing or learning process for personal recovery, or health support or as a personal exploration.

### **Yoga Teacher meetings for Group Yoga Class and 121 Supervision**

Supervision choices through personal or small group meetings are available for Yoga Teachers who wish to further refine their teaching work with individual attention and reflective input through professional and supervised support for their Yoga group or 121 teaching. We can together explore learning intentions, learning outcomes, review processes, interpersonal interactions and intrapersonal responses, forward group mapping and educational development strategies, along with short and long term personalized practice plans, theme developments and problem resolving.

### **The Introductory Yoga Study Programme**

Introductory Yoga Study Weekends are for all teachers, trainee teachers and all students except complete beginners. A two day workshop explores, through guided practice, study and discussion, the primary principles and practices of this approach to Yoga.

### **The Foundation Yoga Study Programme**

Foundation Yoga Study Programmes consist of four weekend workshops over six months. Whilst offering further in-depth teaching and motivation for personal study and practice, they also form part of the pre-requisites for moving towards professional Yoga teacher and Yoga therapy training programmes.

### **The Yoga Teacher and Yoga Therapy Practitioner Training Programme**

Three year BWY Accredited Yoga Teaching and Yoga Therapy Practitioner Training Programmes are available for those students who wish to develop the skills to teach using this approach to Yoga. The Yoga Teaching Programme offers an in-depth teacher training in Yoga Practice, Teaching, Psychology and Therapy. The training will include both working with small groups, leading workshops and will have a special emphasis on one to one Yoga teaching for both personal study or Yoga therapy.

### **The Yoga Therapy Practitioner Training Programme**

The focus of the Bristol based Two Year Further Studies Yoga Therapy Practitioner Training Programme will be to offer an approved and accredited Yoga Therapy Practitioner Training for Yoga Teachers who wish to add Yoga Therapy Professional Teaching skills to their existing Yoga Teaching qualification.

### **The Continuing Professional Development Programme**

Weekend workshops offers opportunities for Yoga teachers, trainee teachers or interested students to participate in Continuing Professional Development Programmes through nationally approved In-Service Training seminars and CPD events.

### **The Art of Mantra and Yoga Chanting Programme**

Lessons and Workshops are offered to explore the Art of Sound, Mantra and Yoga Chanting. They are open to all Yoga students, teachers and trainee teachers interested in experiencing and learning or teaching the meditative power of Yoga Chanting.



As I journey through my sixties I now prefer to teach more as part of an informal global community of Yoga teachers and schools arising from the nearly 30 years of training under T Krishnamacharya's students; TKV Desikachar and his students in India, Europe and the UK.

This Teaching I received over 20 years of personal lessons with my teacher TKV Desikachar represented a commitment to the teachings of the eminent T Krishnamacharya as taught to his son TKV Desikachar and other of his students.

Through this time as his student I developed a wide range of Introductory, Foundation, Teacher Training, Therapy Training and CPD Study and Training Programmes.

Within the UK and Ireland, the Teacher Training Programme is Nationally Accredited through the BWY, as well as by EUFNY as it also fulfills the Four Year European Minimum Training Standard.

The aim of these trainings is the transmission of Yoga in the West respecting the spirit of TKV Desikachar's teaching. This is the appropriate application of Yoga for the person and their situation.

### The Introductory Yoga Study

Programme offer two days study and practice on the core principles of Yoga theory and practice.

March 13/14<sup>th</sup> 2010 in Bristol

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

October 23/24<sup>th</sup> 2010 in Bristol

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

### IW Courses

Introductory Workshops 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 for a student from any Yoga background or style to be introduced to Yoga practice and study. It is also a prerequisite to further work in the Foundation Study and Teacher Training Programme.

### IW Course Aims

**Aims:** To present a view of Yoga through which students can support and develop their own practice and deepen their appreciation of the possibilities for Yoga in their lives.

The role of this Course is not to train students as Yoga teachers.

They are offered with respect for the vital source from which these Yoga teachings originated and their place in our age and culture.

**Framework:** The Introductory Course Workshops 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 personal practice to support your life.

- Understanding the principles that inspire and shape Yoga practice.
- An overview of important Yoga teachings around body and mind.
- Familiarisation with basic Yoga terms and practice techniques.
- Appreciating how your body can work more effectively in asana.
- Deepening our work with and importance of the breath in practice.

### IW Topics total 10 hours through:

#### Yoga Practice – 2.5 hours

- Learning skills to refine your 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 - 1 hour

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

### IW sample Saturday schedule

- 10.00 - Introducing the days themes
- 10.15 - Asana Practice
- 11.00 - Break
- 11.15 - Yoga Sutra Study

- 12.00 - Break
- 12.15 - 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).

**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 IW Study Course Certificate of Completion is awarded to successful students with 100% attendance.

**IW Venue:** In Bristol at Yoganjali Sat 10.00am-5.30pm and Sun 9.30am-4.00pm.

**IW Weekend Fees are:** £130 for the 2010 and £135 for the 2011 Courses, including delicious vegetarian lunches, refreshments, all tuition and a 50 page colour manual.

The full fee is payable to Paul Harvey on booking and sent to Yoganjali. 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.

## The Foundation Yoga Study

Programme offer four weekends over six months for personal Yoga study and practice or as a pre-requisite for Yoga teacher training.

Sept 2010 - Mar 2011 in Bristol

Sept 2011 - Mar 2012 in Bristol

### FW Courses

Foundation Workshops are open to all and offer Yoga for any background or style, either for personal development or professional skills.

The Foundation Workshop Study Course is intended for those students who, having completed an Introductory Workshop Course, wish to explore further the teachings that can inspire and guide our work with Yoga.

Foundation Workshops offer eight days, through four weekends over six months, for in-depth personal study and practice.

This can be for interest and development in Yoga or they can be part of the process in forming a learning base as well as being pre-requisites for teacher training.

### FW Course Aims

**Aims:** To present a view of Yoga through which students can support and develop their own practice and deepen their appreciation of the possibilities for Yoga in their lives.

They are offered with respect for the vital source from which these Yoga teachings originated and their place in our age and culture.

The role of this Course is not to train students as Yoga teachers.

**Framework:** The Foundation Course Workshops 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 personal practice to support your life.
- Understanding the principles that inspire and shape Yoga practice.
- An overview of important Yoga teachings around body and mind.
- Familiarisation with basic Yoga terms and practice techniques.
- Appreciating how your body can work more effectively in asana.
- Deepening our work with and importance of the breath in practice.

**FW Topics total 40 hours through:**

#### Yoga Practice – 10.0 hours

- Practical sessions to learn the skills to refine our own practice.

#### Yoga Sutra - 3.0 hours

- Learning to use the Yoga Sutra.
- Key concepts to guide our practice

#### Origins of Yoga - 0.75 hours

- What is Yoga?
- Exploring related teachings.

#### Asana in Practice – 10.5 hours

- What is Asana?
- Exploring selected Asana.
- Why we move or stay in Asana.
- What are the components of Asana?
- Introducing sequence building.
- Learning to observe our body and breath through practice.

#### Pranayama in Practice – 4.5 hours

- What is Pranayama?
- What is its relationship with Asana?
- Exploring helpful techniques.
- Understanding the different components.

#### Meditation in Practice – 1.5 hours

- What is Meditation?
- How to learn the basic techniques through Asana and Pranayama.

#### Therapy in everyday life – 5.25 hours

- The Role for Yoga as a Therapy
- The Role of Ayurveda and its links with Yoga.

#### The Yoga Student – 0.75 hours

- The teachings from T Krishnamacharya and TKV Desikachar

#### Course Review and Home Study Guidelines – 4.75 hours

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

### FW sample Saturday schedule

10.00 -	Introducing the days themes
10.15 –	Practice
11.00 -	Break
11.15 -	Session
12.00 -	Break
12.15 –	Asana Study and Workshop
1.00 -	Lunch
2.00 -	Session
2.45 -	Break
3.00 -	Session
3.45 -	Break

4.00 -	Session
4.45 -	Practice
5.15 -	Closing and Review
5.30 -	Departures

### FW Course Details

**FW Duration:** Over 60 hours (40 hours tuition time plus a minimum of 20 hours guided home study and practice) through four weekends over six months.

**FW Prerequisites:** Completion of an IW or equivalent course.

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

**FW Certification:** The cYs Foundation Certificate is awarded to students with full attendance.

**FW Venue:** In Bristol at Yoganjali Sat 10.00am-5.30pm and Sun 9.30am-4.00pm.

#### The FW Dates are:

2010 Course: Sept 18/19<sup>th</sup>, Nov 13/14<sup>th</sup> 2010, Jan 15/16<sup>th</sup>, March 19/20<sup>th</sup> 2011

2011 Course: Sept 24/25<sup>th</sup>, Nov 26/27<sup>th</sup> 2011, January 28/29<sup>th</sup>, March 24/25<sup>th</sup> 2012

#### FW Weekend Fees are:

£135 for the 2010/11 Course and £140 for the 2011/2012 Course including delicious vegetarian lunches, refreshments, all tuition and a 150 page colour manual.

A £100 FW Registration deposit, payable to Paul Harvey and sent to Yoganjali, is required, this is not refundable but will be offset against the final weekends fee.

All places are subject to confirmation and the workshops must be paid for even if you are unable to attend. However missed weekends can be made up, free of charge, on a later Course.

**The Yoga Practitioner Programme** offers a 3 Year in-depth Course to develop the personal and professional skills in working with group classes and one to one teaching or therapy.

**Mar 2010 to Dec 2012**  
in Bristol

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

- Learning or healing practice for groups or individuals
- Holistic Teaching received from T Krishnamacharya through Desikachar
- Philosophy through Texts and Teachers
- Lifestyle Psychology comparable to Western models
- Complementary Therapy to support health and recovery from illness

**Teaching:** The Yoga Training Programme reflects the teachings of TKV Desikachar and his teacher T Krishnamacharya as taught to Paul Harvey over 23 years.

**Prerequisites:** A minimum of 60 contact and home study hours through Foundation Courses or an acceptable alternative.

**Diploma:** Students will qualify for the BWY Accreditation Diploma.

**Programme Hours:** A minimum of 500 hours over three years through

- 425 contact hours over 21 non-residential three-day workshops with Paul Harvey and Specialist Teachers.
- 20 hours personal lessons with an acceptably experienced teacher.
- 10 hours individual and group class supervision for your current teaching work from the second year with an acceptable 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 in group classes and individual lessons

**Group size:** Will be up to 16 students.

**Teachers:** The Programme will be with Paul and support from specialist tutors.

**Assessment and Projects:** There will be teaching and practice assessments with emphasis on the overall quality of the individual student's development.

The work will be assessed by the Programme trainer or faculty teachers.

Plus all students will be need to teach group classes by the second year and work with individuals by the third year.

**Programme Fees:** The total costs for the 2010-2012 courses will be around £5400, plus around £250 BWY fees.

The annual breakdown is:

£1400 per year fixed over three years for seven 3 day weekend workshops in Bristol including lunch, refreshments and tuition.

This is payable monthly through a negotiable bank schedule.

All Workshop fees must be paid for even if unable 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.

This will be payable at the time of tuition to your teacher or supervisor.

A Programme Registration Deposit of £600, payable to Paul Harvey, is required to be offset against year three Workshop costs.

**The YPP topics are:**

#### 1. Sadhana - Yoga Practice

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

#### 2. Yoga Sutra - Psychology

- Focused study of Yoga Sutra.

#### 3. Roots of Yoga and Related Texts

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

#### 4. Asana - Postures

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

#### 5. Pranayama – Seated Breathing

- Definition according to Yoga texts.
- Detailed study of important techniques and theory of Prana.
- Preparation, classification, components and sequence building in Pranayama.

#### 6. Dhyana - Meditation

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

#### 7. Yoga Cikitsa - Yoga Therapeutics

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

#### 8. Viniyoga - Application of Yoga

- The work of T Krishnamacharya and TKV Desikachar.
- Eastern and Western teaching and the student teacher relationship.
- Advantages and disadvantages of individual and group tuition.
- Application to group classes and individuals lessons.
- Organizational and Ethical aspects of Teaching.
- Introduction to Counseling.

#### 9. Sanskrit and Nada Yoga - Sound, Chant and Mantra

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

#### 10. Annam – The Human System

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

#### 11. Svadhyaya - Home Study

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

**The Further Studies Yoga Therapy Programme offers Accredited Yoga Teachers training in the principles and practice of Yoga Therapy for group classes or individual lessons. January 2011 to November 2012 in Bristol**

**Framework:** The Programme offers an opportunity for any BWY teacher to train on a BWY Accredited Further Studies Training Course as a Yoga Therapy Practitioner.

The Course will draw from the Yoga teachings of TKV Desikachar as learnt by Paul Harvey over 20 years from the study Desikachar made with his teacher the eminent T Krishnamacharya, as a:

- Healing practice for groups or individuals
- Holistic Teaching from Krishnamacharya to TKV Desikachar
- Philosophy through Texts and Teachers
- Lifestyle Psychology comparable to Western models
- Complementary Therapy to support health and recovery from illness

**Duration:** A minimum of 300 hours over two years through:

- 160 group contact hours over 10 non-residential three day workshops with Paul Harvey.
- 10 hours personal lessons with an acceptably experienced teacher.
- 50 hours in home study and course completion projects.
- 75 hours teaching practice in group classes and individual lessons.
- 5 hours individual and group class supervision for your current Yoga therapy teaching work with an acceptable supervisor.

**Teacher:** The Programme workshops will be taught by Paul. Specialist teachers may support the Programme in specific areas.

**Group size:** Will be up to 16 students.

**Assessment:** There will be emphasis on the overall quality of the individual student's development and involvement in the outcome of the Course.

Live Yoga Therapy Practice experience is necessary based on group class teaching experience of 25 hours over at least two terms before the end of the first year and ten individual case studies of at least 5 tuition hours each to be undertaken before the end of the second year. Both the group and 121 case files will be supervised with appropriate feedback.

**Projects:** Continuing assessment of coursework given as both theoretical and practical home study is necessary and the student is expected to fulfil each year satisfactorily in terms of completion on time and the quality of the work submitted. The home study will include preparation work each weekend around Yoga and Ayurveda theory and Yoga Sutra study. Here the students own personal teacher can support the home study work.

**Programme Fees:** The total cost for the 2011-2012 course will be £1900 plus approx £75 BWY registration and completion costs.

This breaks down into yearly cycles of £950 comprising £190 each three-day workshop.

The weekend costs includes a 350 page Course Manual, all tuition, refreshments and a delicious vegetarian lunch on Sat/Sun but no accommodation. The weekends will be from 2.30pm Fri afternoon to around 2.00pm Sun afternoon.

A Registration Deposit of £350, payable to Paul Harvey, is required. This will be offset against the final two weekend's fees.

**The FSP topics total 160 hours:**

**Sadhana - Yoga Practice – 20 hours**

- Group practice sessions and workshops to refine personal practice observational and development skills for different therapeutic situations.

**Yoga Sutra - Psychology – 30 hours**

- Focusing on an in-depth study of Chapters One and Two of the Yoga Sutra.

**Asana - Postures – 35 hours**

- Study of selected Cikitsa Asana.
- Additional Cikitsa techniques.
- Application of Cikitsa techniques.

**Pranayama - Seated Breathing – 15 hours**

- Study of selected Cikitsa Pranayama
- Additional Cikitsa techniques within Pranayama practice.
- Application of Cikitsa techniques.

**Dhyana - Meditation – 5 hours**

- Asana within a Cikitsa meditational framework.
- Pranayama within a Cikitsa meditational framework.
- Beyond Asana and Pranayama.
- Application of Cikitsa meditational techniques.

**Yoga Cikitsa - Yoga Therapy – 35 hours**

- Therapeutic application using Yoga Cikitsa (Yoga Therapy) diagnostics.
- Exploring aspects of the individual, from illness at the Physiological level, through to emotional problems at the transpersonal level.
- Study of Ayurveda Diagnostic and Lifestyle Principles and their relationship with Yoga Therapy.

**Viniyoga - Application of Yoga – 12.5 hours**

- Application and development of Yoga Therapy through refining our teaching and review skills for group class or individual lesson therapy situations.
- Contributing examples of our Yoga Therapy group class and individual lesson work for case study sessions.

**Sanskrit and Nada Yoga - Sound, Chant and Mantra – 5 hours**

- Reciting the Sutra and Mantra that support Yoga Therapy.

**Svadyaya – Review and Home Study Guidelines – 2.5 hours**

- Formal homestudy of a practical nature through review, reading, personal practice, theory questions and personal observation.

**Certification:** Students successfully completing the Programme will receive a cYs Yoga Therapy Practitioner Certificate.

The FSP has been awarded Post-Training Accreditation status through the BWY, a National Governing Body for Yoga within the UK.

**Prerequisites:** The Yoga Therapy Practitioner Training Programme is open for application to all teachers on the current BWY Yoga Teachers Register.

Applicants may be asked to complete a cYs Foundation Course prior to acceptance.

A commitment to maintaining a consistent home practice will also be helpful as we seek to both experiment with and refine aspects of our personal practice.

**Applications:** Applications for a place can be made by letter or email, via the FSP Yoga Therapy Training application form. We can discuss it further from there.

**The CPD Programme**  
offers two day workshops for  
Students and Teachers to  
participate in Continuing  
Professional Development through  
nationally approved IST seminars.

Their focus is to either to enhance existing skills or to explore new areas of Yoga expertise. The topics include:

- Adapting the Body -  
Adjusting Asana in Group Classes
- Freeing the Body –  
Advancing Asana in Group Classes
- Freeing the Breath -  
Pranayama within Asana in Groups
- Freeing the Voice -  
Mantra and Chanting in Yoga Groups
- Freeing the Mind -  
Sutra and Psychology in Groups
- Within the womb another life -  
Yoga in Pregnancy
- First steps, first actions -  
Yoga for Children
- Working stresses, living strains -  
Yoga and the Workplace
- Later life, space for growth -  
Yoga for the Elder

**The CPD Programme**  
Within the Womb another Life -  
Yoga in Pregnancy

**January 23/24<sup>th</sup> 2010**  
in Bristol

Within the many teachings received from the eminent T Krishnamacharya the role of Yoga for women as a support during the extraordinary process of creating, forming and receiving life was emphasised,

From this many ideas on Yoga practice were suggested and taught according to the person and their situation. Here a woman's womb can be compared to a field which must protect and nourish the seed living within its earth.

Thus Yoga in pregnancy might be said to be the appreciation and refinement of the art of organic cultivation.

With this view in mind, this CPD Training module will explore the application of Yoga through the unique and precious phases of pregnancy, childbirth and postpartum.

Through the two-days we will explore the role for Yoga teachings and practices for body and mind through four areas:

1. **Contraception and conception.**
2. **The three stages of pregnancy.**
3. **The three stages of birthing.**
4. **Post natal and beyond.**

These four areas will be explored from the viewpoint of the Yoga teachings of Krishnamacharya as taught through his students and highlighted through such formalised texts as the Yoga Rahasya.

These teachings will be informed and supported by a critical integration with the many ideas arising from and within the modern medical paradigms and discussed alongside the views of modern birthing pioneers.

We will also examine the influence and value of Western exercise techniques and the effects of current contra-indications and the impacts of both on the application of Yoga techniques and priorities emphasised as essential for this approach to practice.

This work will be complemented by teachings on Yoga psychology and their value for a mother-to-be during and beyond this wonderful mystery of life we call pregnancy.

**The CPD Programme**  
Adapting the Body -  
The Art of Observing and  
Adjusting Asana in Group Classes

**October 9/10<sup>th</sup> 2010**  
in Bristol

This particular asana theory and practice workshop on observation and adjustment is offered for students not so familiar with the structural core principles that guide asana practice in TKV Desikachar's teaching.

It could be especially useful for teachers and trainees from any Yoga teacher training, as well as students interested in the principles that support refining and developing our personal Asana practice.

Each session will help us to develop, through presentation, practice and demonstration how we can:

- Appreciate the value of casual and intentional observation
- Link psychological and physiological observation
- Assess through simple means the structural bodies key areas in:
  - The Neck, arms and shoulders
  - The Upper and lower back
  - The Hips, legs, knees, feet and ankles
- Learn to evaluate strength, weakness, flexibility and stiffness
- Refine observation through the breath and what it can tell us.
- Understand which postures are most useful for observation in:
  - Standing, Lying, Inverted, Back-bend, Seated

The practical and theory work around observation will be supported by ongoing

and relevant examples on how to adjust a group class students practice intelligently, sensitively and especially, appropriately.

From this we can help the student facilitate a more effective and progressive practice through developing appreciation and insight into which practice patterns may be:

- Unhelpful in terms of health, well being and attitude.
- Inadequate in that they reinforce existing postural problems.

Finally how we can further integrate the structural aspects of our personal and teaching asana practice into the deeper potentials of Yoga.

**CPD Booking Details**

**All the CPD weekends** will be at Yoganjali Teaching and Therapy Centre.

They will be useful for and open to any Yoga teachers or trainee Yoga teachers, or interested students.

**The Times** will be 10.00am - 5.30pm on Sat and 9.30 till 4.00 on Sun.

**The fee** for the 2010 workshops is £130 including all handouts, refreshments and a delicious vegetarian lunch for both days.

Both the 2010 events qualify for 15 BWY CPD points and are open to Yoga teachers, trainee teachers and interested students.

When booking the full fee, payable to Paul Harvey, is required and sent to Yoganjali. It is only refundable in the case of cancellation by the organizers.

The workshop must be paid for, even if unable to attend, unless your place is filled by an acceptable nominated equivalent colleague. Prior confirmation for your nomination is required.

All places will be confirmed. Receipts and IST certificates of attendance will be available on the day.