

The Continuing Professional Development Programme

Presents a range of training workshops selected to support Yoga Teachers professional skills. Their focus is to either to enhance existing skills or to help explore new areas of Yoga expertise. The topics include:

- Adapting the Body - Adjusting Āsana in Group Classes
- Freeing the Body - Advancing Āsana in Group Classes
- Freeing the Breath – Prāṇāyāma within Āsana in Group Classes
- Freeing the Voice – Mantra and Chanting in Group Yoga Classes
- Freeing the Mind - Sūtra and Psychology in Group Classes
- Within the womb another life - Yoga in Pregnancy
- First steps, first actions - Yoga for Children
- Working stresses, living strains - Yoga and the Workplace
- Sporting actions, physical reactions - Yoga within Sport
- Later life, space for growth - Yoga for the Elder

They offer opportunities for all teachers, trainee teachers and interested students to participate in accredited In-Service Training seminars.

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 till 2002. To complement this work, he completed a foundation course Psychotherapy and trained as a counsellor in Transpersonal Psychology. He directs a Yoga centre in Bristol, teaches individuals, trains teachers and leads workshops on Yoga and Yoga Chanting.



Yoga CPD Weekend Workshops - Sāṃkhya & Yoga -

Linking the Sāṃkhya Kārikā of Īśvara Kṛṣṇa
with the Yoga Sūtra of Patañjali

November 18 - 20th 2011

November 16 - 18th 2012

in Bristol

with Paul Harvey

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- Sāṃkhya & Yoga -

Linking the Sāṃkhya Kārikā of Īśvara Kṛṣṇa with the Yoga Sūtra of Patañjali

Sāṃkhya is said to be an older relative of Yoga.

In fact they are often paired together when presenting models around the six major Darśana or schools of inquiry within the Indian tradition.

What is the basis for this relationship?

How closely are they related?

Where do they agree and where do they differ?

These questions will form the base from which an exploration of Sāṃkhya and its links with and influence on Yoga will be presented.

The textual reference for detailed study will be the Sāṃkhya Kārikā of Īśvara Kṛṣṇa.

This will be supported by appreciating how it underpins Indian philosophy especially the Yoga Sūtra of Patañjali.

To help with building a solid foundation for this exploration we will be working with a word by word workbook for Sāṃkhya using the Sāṃkhya Kārikā of Īśvara Kṛṣṇa, the primary and most respected text for Sāṃkhya.

The input over the weekend will be a support for continuing self study to consolidate the 2011 workshop and prepare for the 2012 workshop.

The two workshops will be further supported by using other mediums for continuing self study around the Sāṃkhya Kārikā workbook.

This self study can be further supported through mediums such as 121 lessons or small groups, either live or on-line through Skype or Facetime. Or by posting or emailing me study work to comment on and return.

Different options will be discussed and choices can vary according to the situation, needs and geography of the student.

Programme, Venue and Booking Details

Prerequisites:

The Programme is only open for application to all cYs/VB Practitioners who have successfully completed a two year Further Studies Practitioner Programme with Paul Harvey.

Group:

The group size will be around 16 students.

The Venue:

Will be at Yogāñjali Centre, Princes Place, Bristol BS7 8NP.

The Weekend Times:

Will be from 2.30pm on Friday till 1.30pm on Sunday.

The Course Fee:

The fee for the 2011/2012 two weekend course is £350 including a full manual for the Sāṃkhya Kārikā of Īśvara Kṛṣṇa, all refreshments and a delicious vegetarian lunch for Saturday and Sunday.

Certification:

This IST will count for CPD points and a certificate of attendance will be given.

The payment process is:

A £175 payment is required for the 2011 workshop, this is only refundable in the case of cancellation by the organizers.

The fee for the 2012 continuation workshop will be £175 and payable by September 2012.

All cheques payable to Paul Harvey please.

To make a Booking:

Please send all cheques and requests for a place to Yogāñjali, Princes Place, Bishopston, Bristol BS7 8NP.

As the group size will be limited places will be confirmed and until you have a confirmation email cannot be guaranteed.

Receipts and certificates of attendance will be available on the day.