

The Continuing Professional Development Programme

Presents a range of further training workshops on topics 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 Asana in Group Classes
- Freeing the Body - Advancing Asana in Group Classes
- Freeing the Breath - Pranayama within Asana in Group Classes
- Freeing the Voice –Mantra and Chanting in Group Yoga Classes
- Freeing the Mind - Sutra 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 Workshop

- Adapting the Body -

The Art of Observing and Adjusting Asana
in Group Yoga Classes

October 9/10th 2010

in Bristol

with Paul Harvey

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

How to Observe and Adjust Asana in Group Yoga Classes

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, practical demonstration and personal experience, 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 deeper, more effective and progressive practice through developing direct insight and appreciation of 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.

Venue and Booking Details

The Venue:

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

The Weekend Times:

Will be from 10.00am - 5.30pm on Saturday and 9.30 till 4.00 on Sunday.

The Weekend Fee is:

£130 including all handouts, refreshments and a delicious vegetarian lunch for both days.

Certification:

This IST counts for 15 BWY CPD points and a certificate of attendance will be given.

The payment process is: A £130 full fee payment is required, this is only refundable in the case of cancellation by the organizers. All cheques payable to Paul Harvey.

To make a Booking: Please send all requests for a place to Yoganjali, Princes Place, Bishopston, Bristol BS7 8NP.

As the group size will be limited places will be confirmed and until you have a confirmation letter will not be guaranteed. Receipts and certificates of attendance will be available on the day.

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 requested.

Please complete unless your details are known to the organiser:

Name/s _____

Address _____

Phone _____

Email _____