

## The Continuing Professional Development Programme

Presents a range of further training workshops on topics 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 to study 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

The viniyoga of Āyurveda –

Lifestyle Skills & Yoga Teachings

October 13/14th 2012

in Bristol

with Paul Harvey

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## The viniyoga of Āyurveda – Lifestyle Skills & Yoga Teachings

The study and practice of Yoga has, for many centuries, been linked to the study of complementary arts from Indian culture such as Mantra, textual Chanting, Karnāṭaka music or Āyurveda lifestyle skills.

For example, traditionally Āyurveda and Yoga went hand in hand and the importance of understanding the principles of Āyurveda is obvious when exploring Yoga texts such as the Haṭha Yoga Pradīpikā.

The modern and one of the most important Yoga teachers from the last century T Krishnamacharya, understood the relevance and role of these complementary arts. Thus his study and teaching work was characterised by the application of arts such as Āyurveda to support the development of the student's potentials within their material life and spiritual journey.

So for students of Yoga, an understanding of Āyurveda will complement and help their Yoga study and practice. This particular workshop will focus on the application or viniyoga of Āyurveda lifestyle skills to Yoga teachings. Refining our understanding of this relationship is essential:

- When working with the application of Yoga in sustaining a high energy potential (Śikṣaṇa) for study and practice
- When working with the application of Yoga as a support (Rakṣaṇa) in helping to maintain an active lifestyle
- When working with the application of Yoga therapeutically (Cikitsa) with imbalances that cause or aggravate the disease process

It will be useful for all Yoga teachers and students interested in refining Yoga practice through developing Āyurveda lifestyle skills.

Each session will help us develop how we can:

- Appreciate the role of Nādī Parīkṣa or the study of pulse in Yoga
- Link Doṣa or constitution to Yoga practice and daily lifestyle
- Learn about Āhāra (food) and its relevance to daily lifestyle
- Assess appropriate and inappropriate Vihāra (lifestyle) practices
- Refine the ability of Āyurveda to link directly to Yoga practices

## Venue and Booking Details

### 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 10.00am - 5.30pm on Saturday and 9.30 till 4.00 on Sunday.

### The Weekend Fee is:

£140 including all handouts, refreshments and a delicious vegetarian lunch for both days.

### Certification:

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

### The payment process is:

A £140 full fee payment is required, this is only refundable in the case of cancellation by the organizers.

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.

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.