

## Foundation Yoga Study Workshop Details

### FYS Aims:

The Foundation Yoga Study Course is intended for those students from any background or style who, having completed an Introductory Workshop Course, wish to explore further the teachings to develop and deepen their personal Yoga practice and study. As in the Introductory Study Workshop this will be through developing an appreciation of the core teachings that underpin the viniyoga (application) of Yoga.

### FYS Duration:

Over 60 hours (40 hours tuition time plus a minimum of 20 hours guided home study and practice) through four weekends.

### FYS Prerequisites:

Completion of an IW or equivalent course.

### FYS Feedback:

Support and advice will be offered on the students' progress and on the possibilities for further development.

### FYS Certification:

The cYs Foundation Certificate is awarded.

### FYS Timings:

Sat 10.00am - 5.30pm, Sun 9.30am – 4.00pm

### The FYS Dates are:

**September 2012 Course:** September 29/30<sup>th</sup>, November 24/25<sup>th</sup> 2012; January 26/27<sup>th</sup>, March 23/24<sup>th</sup> 2013.

**September 2013 Course:** September 14/15<sup>th</sup>, November 16/17<sup>th</sup> 2013; January, March 2013.

### The FYS weekend Fees are:

£145 for the 2012/13 and £150 for the 2013/2014 Courses including refreshments, a delicious vegetarian lunch for both days and a 150 page course manual.

A £100 FW Registration deposit is required, this is not refundable but is offset against the final weekends fees. All fees payable to Paul Harvey. Please send all deposits to Yoganjali, Princes Place, Bishopston, Bristol BS7 8NP. All the workshops must be paid for even if unable to attend.



## The Foundation Yoga Study

Course Programme offers four weekends over six months for Yoga study and practice or as a pre-requisite for teacher training

September 2012 to March 2013

September 2013 to March 2014

In Bristol

with Paul Harvey

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## Foundation Yoga Study Courses

### FYS Course Topics total over 40 hours of tuition through:

#### Yoga Practice - 10.0 hours

- Learning practice techniques and awareness skills to help refine your short term and long term personal practice.

#### Yoga Sūtra - 3.0 hours

- Exploring some key concepts and primary Sūtra in Chapter One from this primary Yoga teaching.
- Exploring some key concepts and primary Sūtra in Chapter Two from this primary Yoga teaching.

#### Origins of Yoga - 0.75 hours

- What is Yoga and has its place and meaning changed within modern society?
- Evolution of related Yoga teachings.

#### Āsana in Yoga Practice - 10.5 hours

- What is the definition, purpose and benefits of Āsana?
- Exploring selected forward bending, back bending, twisting and seated Āsana and Mudrā.
- Why and how we use movement or choose to stay as tools in Āsana practice.
- What are the components and techniques of practice inherent in an Āsana practice?
- Introducing sequence building for personal Āsana practice planning.
- Learning to look into our Āsana practice with greater awareness.

#### Prāṇāyāma in Yoga Practice - 4.5 hours

- What is the definition, purpose and benefits of Prāṇāyāma?

- What is relationship of Prāṇāyāma with the practice of Āsana?
- Exploring helpful techniques in the practice of Prāṇāyāma.
- Understanding the different components inherent in the practice of Prāṇāyāma.

#### Yoga Meditation (Dhyānam) in Practice - 1.5 hours

- What is the definition, purpose and benefits of Meditation?
- How to learn the basic techniques of Meditation through Āsana and Prāṇāyāma.

#### Therapy in everyday life - 5.25 hours

- The Role for Yoga as a Constitutional or Therapeutic practice tool.
- Introducing the purpose and application of Āyurveda and its links with Yoga.
- Understanding the primary principles inherent within the energetic diagnostic tools in Āyurveda.
- Learning how to self-diagnose our energetic constitution as taught in traditional Āyurveda.
- Appreciating the role and effects of food on our energetic constitution as taught in traditional Āyurveda.
- Applying the purpose of Āyurveda as a lifestyle support within everyday life.

#### The Yoga Student - 0.75 hours

- The tradition of Yoga teachings from T Krishnamacharya and TKV Desikachar.
- The stages of evolution within the teaching methodology from T Krishnamacharya.

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

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