

Foundation Workshop Details

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

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.

FW Certification: The cYs Foundation Certificate is awarded.

FW Timings: Sat 10.00am - 5.30pm, Sun 9.30am – 4.00pm

The FW Dates are: September 2010 Course: September 18/19th 2010, November 13/14th 2010, January 15/16th 2011, March 19/20th 2011. September 2011 Course: September 24/25th 2011, November 26/27th 2011, January 28/29th 2012, March 24/25th 2012.

The FW weekend Fees are: £135 for the 2010/11 and £140 for the 2011/2012 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.

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 until 2002. To complement this work, he completed a foundation course in Core Process Psychotherapy and trained as a counsellor and facilitator in Transpersonal Psychology.

He directs a Yoga centre in Bristol, teaches individuals, trains teachers and leads workshops on Yoga and Yoga Chanting.



The Foundation Yoga Study

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

September 2010 to March 2011

September 2011 to March 2012

In Bristol

with Paul Harvey

Phone: 07768 278 728

Email: info@yogastudies.org

Web: www.yogastudies.org

Foundation Workshop Courses

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

The FW Course is intended for those students who, having completed an Introductory Workshop Course, wish to explore further the teachings which can inspire our Yoga.

FW courses offer eight days through four weekends over six months for in-depth personal study and practice. This can be for our own interest and development in Yoga as well as pre-requisites for teacher training.

FW Course Aims:

Aims: To present a view of Yoga through which students can develop their own practice and appreciation of Yoga. The role of this Course is not to train students as Yoga teachers.

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

FW Course Topics total over 40 hours of tuition through:

Yoga Practice - 10.0 hours

- Practical sessions to develop practice skills Yoga Practice
- Practical sessions 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.

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.

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.

Course Review and Home Study Guidelines - 4.75 hours

- Practical work through review, reading, questions and practice.