

## Foundation Haṭha Study Course Details

### FHS Duration:

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

### FHS Prerequisites:

Completion of an IHS or equivalent course.

### FHS Feedback:

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

### FHS Certification:

The cYs Foundation Certificate is awarded on successful completion of all the weekend workshops.

### FHS Timings:

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

### The FHS Dates are:

December 2012 Course:

December 8/9<sup>th</sup> 2012; February 2/3<sup>rd</sup>, April 13/14<sup>th</sup>, June 8/9<sup>th</sup> 2013.

November 2013 Course:

November 23/24<sup>th</sup> 2013; January, March, May 2014 TBC.

### The FHS weekend Fees are:

£145 for the 2012/13 and £150 for the 2013/14 Courses including refreshments, a delicious vegetarian lunch for both days and a 40 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.

However missed weekends can be made up, free of charge, on a later Course.



## The Foundation Haṭha Study

Workshop Programmes offer four weekends over six months, each with in-depth study and practice on the Four Chapters of the Haṭha Yoga Pradīpikā.

December 2012 to June 2013

November 2013 to May 2014

In Bristol

with Paul Harvey

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## Foundation Haṭha Study Courses

Initiated for 2013 the FHS Programme is intended for those Yoga students who have completed an Introductory Haṭha Study Course and wish to explore the principles and teachings from the Haṭha Yoga Pradīpikā.

Each of the four weekends offers an in-depth view of each of the four chapters of the Haṭha Yoga Pradīpikā and how they inspire and guide our personal Yoga practice and study, as well as our Yoga teaching.

It is an opportunity for a Yoga student from any Yoga background or style to experience an in-depth introduction to each of the four chapters of the Haṭha Yoga Pradīpikā. This can be for interest and self-development in Yoga or become part of a personal learning base as well as being a support for teacher training.

### FHS Course Aims:

**Aims:** To present a view of the core Haṭha concepts in Yoga through which students can support and develop their own practice and deepen their appreciation of the possibilities for how the practice principles within Haṭha can support our lives.

It is offered with respect for the vital source from which these Yoga teachings originated and their place in our age and culture.

**Framework:** The Foundation Haṭha Study Programme reflects the teachings of TKV Desikachar and his father and teacher T Krishnamacharya as taught to Paul Harvey over 25 years through:

- Guidance in integrating the primary Haṭha concepts to support your everyday life.
- Understanding the principles which inspire and shape Haṭha Yoga.
- An overview of important Haṭha teachings around body and mind.
- Familiarisation with basic Haṭha terms and practice techniques.
- Appreciating how your body can work more effectively utilizing Haṭha techniques.
- Deepening our work with and importance of Prāṇa-Apāna, Mūla-Mala, Candra-Avidyā, Sūrya-Agni and Ṣat Cakra in Yoga practice.

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

### Yoga Practice – 9.0 hours

- Practical learning skills from the Haṭha Yoga Pradīpikā to refine your practice.
- Linking the Haṭha Yoga Pradīpikā Chapters to help develop and deepen your practice.

### Haṭha Concepts – 30.0 hours

- Exploring key concepts that shape this primary teaching on Haṭha Yoga.
- How the four chapters of the Haṭha Yoga Pradīpikā can link to personal practice goals.
- In depth exploration of the structure of each chapter.
- What are the key concepts and techniques in each chapter.
- In depth exploration of the key verses in each chapter.
- Linking each chapter to the meditative path in Yoga.
- Which concepts from each chapter are most relevant to us.
- How to prioritize short term and long term goals in the Haṭha Yoga Pradīpikā.
- Learning to read the Haṭha signposts for our personal journey.
- Why the view is the foundation for practice and life.
- Learning to look from Haṭha Yoga at our relationship with others.
- Linking the Haṭha Yoga Pradīpikā to the ebb and flow of daily life.

### Course Review and Home Study Guidelines – 3.0 hours

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