

September 2011 to June 2013 in Bristol

Framework: The Programme offers an opportunity for any student trained as a BWY Accredited Teacher to continue their studies on a BWY Approved FSP to qualify as a Yoga Therapy Practitioner.

Programme Hours: A minimum of 210 contact hours within 350 course hours over two years through:

- 170 group contact hours over 10 non-residential three day workshops.
- 15 hours personal lessons with an acceptably experienced teacher.
- 25 hours individual and group class supervision hours for your current group and 121 therapy teaching work with an acceptable supervisor.
- 50 hours in home study and course completion projects.
- 90 hours teaching practice in group classes and individual lessons.

Teaching: The Course will draw from the Yoga teachings of TKV Desikachar as learnt by Paul Harvey over 20 years from the study Desikachar made with his teacher the eminent T Krishnamacharya.

Programme Fees: For the 2011-2013 course will be £1900 plus approx £1600 121 fees and approx £75 BWY registration and completion costs.

This breaks down into yearly cycles of £950 comprising:

£190 each for five three day workshops in Bristol including refreshments, a vegetarian lunch Saturday and Sunday but no accommodation.

Approx £40 per hour for 40 hours Personal Lessons and Supervision.

The weekends are from 2.00pm Fri afternoon to around 2.00pm Sun afternoon.

The fee also includes a 350 page Course Manual.

A Registration Deposit of £350 is required. This will not be refundable but will be offset against the final two weekend's fee. All fees must be paid for whether or not the student is able to attend and will be due at the time of tuition.

Applications: Applications for a place can be made by letter or email, via the FSP training application form. We can discuss it further from there.



Further Studies Yoga Therapy Practitioner Training Programme

Exploring Yoga and Ayurveda as a

Healing Practice

Holistic Teaching

Lifestyle Psychology

Complementary Therapy

for

BWY Accredited Yoga Teachers

September 2011 to June 2013

in Bristol with Paul Harvey

Phone: 0768 278 728

Email: info@yogastudies.org

Web: www.yogastudies.org

The Further Studies Yoga Therapy Practitioner Programme is offered for Accredited Yoga Teachers to train in the principles and practice of Yoga Therapy for group class or individual lesson situations.

Teacher: The Programme will be taught by Paul Harvey.

Prerequisites: The Yoga Therapy Programme is open for application to all teachers on the current BWY Yoga Teachers Register.

Applicants will be asked to complete a full cYs Foundation Course prior to acceptance.

A commitment to maintaining a consistent home practice will also be helpful as we seek to both experiment with and refine aspects of our personal practice.

Dates:

Year One 2011-2012

Sept 16-18th, Nov 18-20th.

Feb 3-5th, April 27-29th, July 13-15th

Year Two 2012 -2013

Sept 14-16th, Nov 16-18th

Feb 1-3rd, April 15-17th, July 12-14th

Group: The group will be up to a maximum of 16 students.

Assessment: There will be emphasis on the overall quality of the individual student's development and involvement in the Course outcome.

Ongoing teaching experience is necessary based on group and 121 therapy of 40 hours therapy group teaching over at least two terms and ten individual case studies of at least 5 tuition hours. The case files will be supervised with feedback.

Projects: Continuing assessment of coursework given as both theoretical and practical home study is necessary and the student is expected to fulfil each year satisfactorily in terms of completion on time and the quality of the work submitted. The home study will include primarily preparation work each weekend. Here the students own teacher can support the work around the study.

Certificate: Students successfully completing the Programme will receive a cYs Yoga Therapy Practitioner Certificate. The FSP has been awarded Post-Training Associate status through the BWY, a Governing Body for Yoga in the UK. The Diploma will qualify for European Teacher recognition and CNHC UK Yoga Therapy Practitioner Status.

The FSP topics are 170 hrs over:

Sadhana - Practice – 32.5 hrs

- Group practice sessions and workshops to refine personal practice observational and development skills for therapeutic situations.

Yoga Sutra - Psychology - 30 hrs

- Focusing on an in-depth study of Chapters One and Two.

Asana - Posture - 35 hrs

- Study of selected Asana.
- Additional Cikitsa techniques.
- Application of Cikitsa techniques.

Pranayama - Breathing - 15 hrs

- Study of Cikitsa techniques.
- Additional Cikitsa techniques within Pranayama practice.
- Application of Cikitsa techniques.

Dhyana - Meditation -5 hrs

- Asana within a therapeutic meditational framework.
- Pranayama within a meditational framework.
- Beyond Asana and Pranayama.
- Application of Cikitsa meditational techniques.

Yoga Cikitsa - Therapy - 35 hrs

- Therapeutic application using Yoga Cikitsa (Yoga Therapy) diagnostics.
- Exploring aspects of the individual from illness at the Physiological level through to emotional problems at the transpersonal level.
- Study of Ayurveda Diagnostic and Lifestyle Principles and their relationship with Yoga Therapy.

Viniyoga - Application - 12.5 hrs

- Application and development of Yoga Therapy through refining our teaching and review skills for group class or individual lessons.
- Contributing examples of our Yoga therapy work for shared case study sessions.

Sanskrit and Nada Yoga - Sound, Chant and Mantra – 2.5 hrs

- Reciting Sutra and Mantra that support Yoga Therapy.

Svadyaya – Review and Home Study Guidelines - 2.5 hrs

- Practical homestudy through review, reading, personal practice, theory questions and personal observation.