

Foundation Yoga Sutra Workshop Details

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

FYSW Prerequisites: Completion of an IYSW or equivalent course.

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

FYSW Certification: The cYs FYSW Certificate is awarded.

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

The FYSW Dates are: March 2012 Course: March 31st/April 1st, May 19/20th, July 21/22nd, September 22/23rd 2012. March 2013 Course: March 16/17th, May 18/19th, July 20/21st, September 21/22nd 2013

The FYSW weekend Fees are: £145 for the 2012 and £150 for the 2013 Courses including refreshments, a delicious vegetarian lunch for both days and an 80 page course manual.

A £100 FYSW 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 Sutra Study

Programme offers four weekends over six months for Yoga Sutra Study

March 2012 to September 2012

March 2013 to September 2013

In Bristol

with Paul Harvey

Phone: 07768 278 728

Email: info@yogastudies.org

Web: www.yogastudies.org

Foundation Yoga Sutra Study Workshop Courses

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

The FYSW Course is intended for those students who, having completed an Introductory Workshop Course, wish to explore further the teachings and how they can inspire and guide our Yoga practice and study.

FYSW courses offer eight days through four weekends over six months for in-depth personal Yoga Sutra Study and reflective Yoga practice.

This can be for our own interest and development in Yoga as well as pre-requisites for teacher training.

FYSW Course Aims and Framework:

Aims:

To present a view from the Yoga Sutra 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 FYSW 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 personal study to support your life.
- Understanding the principles that inspire and shape Yoga philosophy.
- An overview of primary Yoga Sutra concepts around body and mind.
- Familiarisation with basic Yoga Sutra terms and practice techniques.
- Appreciating how chanting the Yoga Sutra can aid their absorption to help deepen our understanding.
- Deepening the reflective aspects of our practice with the Yoga Sutra.

FYSW Course Topics total over 40 hours of tuition through:

Yoga Practice - 9.0 hours

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

Yoga Sutra - 30.0 hours

- Exploring some key concepts that surround this teaching on Yoga.
- How the four chapters can link to personal practice goals.
- In depth overview of the structure of each chapter.
- What are the key sutra in each chapter.
- In depth exploration of the key sutra 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 Yoga.
- Learning to read the Sutra signposts for our personal journey.
- Why the view is the foundation for practice and life.
- Learning to look from the Yoga Sutra at our relationship with others.
- Linking the Sutra to the ebb and flow of daily life.

Course Review and Home Study Guidelines – 3.0 hours

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