

Introductory Haṭha Yoga Study Course Booking Details

All the IHS weekends:

Will be at Yoganjali in Bristol from
10.00am - 5.30pm Saturday and 9.30 – 4.00pm Sunday.

The IHS Weekend Fees are:

£135 for 2011, £140 for the 2012 and £145 for the 2013 weekends
including delicious vegetarian lunches, ongoing refreshments and snacks,
all tuition and a 20 page colour manual.

The full fee is payable when booking and non-refundable. All places are
subject to confirmation and the workshops must be paid for even if unable
to attend. Though you may be able to transfer your booking.

All fees payable to Paul Harvey. Please send all payments to Yoganjali,
Princes Place, Bishopston, Bristol BS7 8NP.

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 Introductory Haṭha Study

Programme offers two days exploring the
core principles underpinning Haṭha Yoga

December 10/11th 2011 in Bristol

May 12/13th 2012 in Bristol

November 17/18th 2012 in Bristol

May 11/12th 2013 in Bristol

November 2/3rd 2013 in Bristol

In Bristol

with Paul Harvey

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Introductory Haṭha Study Courses

IHS Aims: The IHS Programme introduces the student to a weekend on the primary principles and teachings from the major Haṭha Yoga texts. These will include early formative texts such as the:

- Gorakṣa Śataka
- Yoga Tārāvali
- Yoga Yājñavalkya
- Yoga Upaniṣad

Which formed the base, and in some cases the actual text, for the more well known medieval Haṭha triad of the:

- Haṭha Yoga Pradīpikā
- Gheraṇḍa Saṃhitā
- Śiva Saṃhitā

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 Haṭha can support our lives. The weekend course is complete in itself and offers a sound overview of the core principles of Haṭha Yoga. These fundamental aspects can also be further developed through the four Foundation Haṭha Study weekend workshops. Here the focus will be primarily on the four chapters of the Haṭha Yoga Pradīpikā. Programme.

Framework: The Introductory Haṭha Study Workshop reflect 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-Amṛtam, Sūrya-Agni and Śat Cakra in Yoga practice.

Introductory Haṭha Study Course Details:

IHS Duration: A total of 15 hours (10 hours tuition over two days plus suggestions for 5 hours guided home study and practice directions).

IHS Prerequisites: A minimum of 1 year's attendance at a group class of any Yoga approach, or 10 lessons with any Yoga teacher.

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

IHS Certification: The ISS Course Certificate of Completion is awarded to successful students with 100% attendance.

The IHS totals over 10 hours through:

Yoga Practice – 2.25 hours

- Practical learning skills from Haṭha to refine your practice.
- Linking to the concepts of Haṭha to help refine your personal practice.

Haṭha Concepts – 7.5 hours

- Why we need a view such as Haṭha.
- Exploring some key themes that underpin the major Haṭha Yoga texts.
- Unpacking Key Haṭha concepts such as Prāṇa-Apāna, Candra-Amṛtam, Sūrya-Agni, Mūla-Mala, Tridoṣa, Dvadasa Nādī, Kuṇḍalinī- Avidyā, Śat Cakra.
- Which concepts are most important.
- How the key concepts are linked.
- Learning to look through Haṭha at our relationship with others.
- Linking the concepts of Haṭha to the ebb and flow of daily life.

Course Review – 0.45 hour

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