

## Introductory Yoga Workshop Booking Details

### All the IW weekends:

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

### The IW Weekend Fees are:

£140 for the 2012 and £145 for the 2013 weekends including delicious vegetarian lunches, ongoing refreshments and snacks, all tuition and a 50 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.

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 Yoga Study

Programme offers two days exploring  
the core principles of Yoga Practice

February 25/26<sup>th</sup> 2012 in Bristol

July 7/8<sup>th</sup> 2012 in Bristol

October 20/21<sup>st</sup> 2012 in Bristol

March 2/3<sup>rd</sup> 2013 in Bristol

June 15/16<sup>th</sup> 2013 in Bristol

In Bristol

with Paul Harvey

---

Phone: 07768 278 728

Email: [info@yogastudies.org](mailto:info@yogastudies.org)

Web: [www.yogastudies.org](http://www.yogastudies.org)

---

## Introductory Yoga Study Courses

are open to all except complete beginners and offer Yoga for any background or style, either for personal development or professional skills. It is also a prerequisite to further work in the cYs Yoga Study and Training Programme.

It is an opportunity for a Yoga teacher, trainee teacher or Yoga student from any Yoga background or style to develop and deepen their personal Yoga practice and study through developing an appreciation of the core teachings that underpin the viniyoga (application) of Yoga.

**Aims:** To present a view of the viniyoga (application) of Yoga to help deepen our relationship with Yoga practice and study. The role of this Course is not to train students as Yoga teachers.

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

**Framework:** The IYS course reflect the teachings of TKV Desikachar and his teacher T Krishnamacharya as taught to Paul Harvey through:

- Guidance in emphasising a personal Yoga practice to support your everyday life.
- Understanding the principles known as the viniyoga (application) of Yoga which inspire and shape Yoga practice.
- An overview of and background to the important teachings around body and mind.
- Familiarisation with basic Yoga terms and practice techniques.
- Appreciating how your body can work effectively in Āsana.
- Deepening our work with the breath in practice.

### IYS Course Details:

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

**IYS Prerequisites:** A minimum of one year's attendance at a group class of any Yoga approach, or 10 individual lessons with any Yoga teacher.

**IYS Feedback:** Support and advice will be offered on the students' progress and on the possibilities for further development after the course.

**IYS Certification:** The Introductory Study Course Certificate of Completion is awarded to successful students with 100% attendance.

### IYS Course Topics total over 10 hours of tuition through:

#### Yoga Practice - 2.5 hours

- Learning practice techniques and awareness skills to help refine your short term and long term personal practice.

#### Yoga Sūtra - 1.5 hours

- Defining what is Yoga.
- Outlining its link to the Yoga Sūtra and the purpose of Sūtra.
- Appreciating the core concepts that underpin this key Yoga teaching.
- Exploring the basic structures and purpose to the four chapters..
- Exploring some key Sūtra in the first and second Chapters.

#### Postures (Āsana) - 4.5 hours

- How and why āsana are arranged sequentially.
- Why and how counterposes are used within āsana practice.
- Why and how we use the breath in āsana.
- How and why we modify or vary āsana within our practice.
- Learning to look into our practice with greater awareness.

#### Seated Breathing (Prāṇāyāma) - 0.75 hours

- Learning primary seated breathing techniques.
- Learning simple seated breathing practices.

#### Course Review and Home Study Guidelines - 1.0 hour

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