

Introductory Yoga Sūtra Workshop Booking Details

All the ISS weekends:

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

The ISS 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 70 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 Sūtra Study

Programme offers two days exploring
the core principles of the Yoga Sūtra

March 10/11th 2012 in Bristol

September 8/9th 2012 in Bristol

February 9/19th 2013 in Bristol

July 13/14th 2013 in Bristol

December 7/8th 2013 in Bristol

In Bristol

with Paul Harvey

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Introductory Sūtra Study Courses

Offer an opportunity for a student or teacher from any Yoga background or style to be introduced to Yoga Sūtra Study.

They offer teachings on the Yoga Sūtra, either for personal development or professional skills.

The role of this Course is not to train students as Yoga teachers although the Sūtra Study Course will obviously enhance any Yoga teacher's skills in the area of Yoga psychology and Yoga Therapy.

It is also a prerequisite to further work in the Foundation Sūtra Study Programme.

Aims:

To present a view of the Yoga Sūtra through which students can support and develop their own practice and deepen their appreciation of the possibilities for the Yoga Sūtra in their lives.

Framework:

The IYSW course reflect the teachings of TKV Desikachar and T Krishnamacharya as taught to Paul Harvey over 25 years through:

- Guidance in emphasising a personal Yoga Sūtra study to support your life.
- Understanding the principles that inspire and shape Yoga philosophy.
- An overview of primary Yoga Sūtra concepts around body and mind.
- Familiarisation with basic Yoga Sūtra terms and practice techniques.
- Appreciating how chanting the Sūtra can aid their understanding.
- Deepening the reflective aspects of our practice with the Yoga Sūtra.

Introductory Sūtra Study Course Details:

ISS Duration:

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

ISS Prerequisites:

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

ISS Feedback:

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

ISS Certification:

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

ISS Course Topics total over 10 hours of tuition through:

Yoga Practice – 2.25 hours

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

Yoga Sūtra – 7.0 hours

- Exploring some key concepts that underpin this Teaching on Yoga.
- How the four chapters are linked.
- What are the key words in each.
- Which chapters are most important.
- Why we need a view such as Patañjali offers.
- Learning to look from the Yoga Sūtra.
- Linking the Sūtra to daily life.

Samskṛta – As part of Learning to use the Yoga Sūtra – 0.5 hours

- Introduction to the value of reciting the Yoga Sūtra

Course Review – 0.75 hours

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