

## The Continuing Professional Development Programme

Presents a range of further training workshops on topics selected to support Yoga Teachers professional skills. Their focus is to either to enhance existing skills or to help explore new areas of Yoga expertise. The topics include:

- Adapting the Body – Observation and Adjustment in Group Classes
- Freeing the Body - Advancing Asana in Group Classes
- Freeing the Breath - Pranayama within Asana in Group Classes
- Freeing the Voice - Mantra and Chanting in Group Classes
- Freeing the Mind - Sutra and Psychology in Group Classes
- Within the womb another life - Yoga in Pregnancy
- First steps, first actions - Yoga for Children
- Working stresses, living strains - Yoga and the Workplace
- Later life, space for growth - Yoga for the Elder

They offer opportunities for all teachers, trainee teachers and interested students to participate in accredited In-Service Training seminars.

### 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 till 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.



## Introductory Workshop Course and Yoga CPD Workshop

- Freeing the Voice -

Learning and Teaching  
Sound, Mantra and Yoga Chanting  
in Group Classes

July 23/24th 2011

in Bristol

with Paul Harvey

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## Mantra and Chanting in Group Classes

The Arts of Mantra and Yoga Chanting are oral learning and meditative practices from the tradition of Indian spiritual and psychological teachings and practice. As well as being a key way to learn Yoga teachings through absorption, they integrate body, voice, mind and emotions in the quest for unity with the source from which sound originates. It is the art of learning to listen and recite with confidence. The benefits include cultivating attention, memory and patience.

The role of this workshop is to offer a course for students and teachers interested in learning the skills for themselves and for others in the art of Sound, Mantra and Yoga Chanting through:

- Appreciating the core principles which inspire the use of Sound, Mantra and Yoga Chanting practices.
- Application of Sound and Mantra respecting differences in background, vocal ability and musical experience.
- Learning techniques to help students find their chanting voice and develop their breathing with and for Sound and Mantra.
- Being able to choose appropriate postures according to the energy and application of the Sound or Mantra.
- Integrating Sound, Mantra and Chanting into existing asana, pranayama and meditational practices.
- Experiencing how teaching Sound and Mantra can be a tool to lead the student towards silence as a natural outcome.
- Exploring the possibilities for the use of Sound and Mantra as a therapeutic tool for improving health and well being.
- Discovering how chanting can be used as a tool for learning Yoga teachings on psychology or spirituality.
- Understanding the value of teaching Mantra in Sanskrit.

They will be particularly useful for and open to any **BWY** trainee Yoga teachers or **BWY** accredited Yoga teachers interested in Yoga Chanting.

## Introductory Workshop Training Topics

The Introductory Workshop Training Course aims to offer an Introductory Course in learning the Art of Sound, Mantra and Yoga Chanting through:

- Gaining confidence in finding your chanting voice and developing your breathing through Sound, Mantra and Yoga Chanting.
- An appreciation and familiarity with the principles which inspire Sound, Mantra and Yoga Chant practice.
- Learning how to read and sound Mantra in Romanised Sanskrit.
- Learning how to link and join Romanised Sanskrit to enhance our use and understanding of Chanting.
- Discovering therapeutic support and meditation.
- Learning skills for teaching Sound and Chanting in general Group Yoga Classes

## Venue and Booking Details

### The Venue:

Will be at Yoganjali Practice and Therapy Centre, Princes Place, Bishopston, Bristol BS7 8NP.

### The Weekend Times:

Will be from 10.00am - 5.30pm on Saturday and 9.30 till 4.00 on Sunday.

### The Weekend Fee is:

£135 including a 50 page chant manual, refreshments and a delicious vegetarian lunch for both days.

### The payment process is:

A £135 full fee payment payable to Paul Harvey is required, this is only refundable in the case of cancellation by the organizers. Please send all requests for a place to Yoganjali, Princes Place, Bristol BS7 8NP.

As the group size will be limited places will be confirmed and until you have a confirmation letter will not be guaranteed. Receipts and certificates of attendance will be available on the day.

The workshop must be paid for even if unable to attend, unless your place is filled by an acceptable nominated equivalent colleague. Prior confirmation for your nomination is requested.