

## 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:

- 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
- Sporting actions, physical reactions - Yoga within Sport
- Later life, space for growth - Yoga for the Elder

They offer opportunities for BWY Accredited Yoga Teachers to participate in nationally approved 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.



Yoga CPD

Weekend Workshop

- Within the Womb another Life -

Teaching Yoga for Pregnancy

March 26/27th 2011

in Bristol

with Paul Harvey

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## Yoga in Pregnancy

Within the many teachings received from the eminent T Krishnamacharya the role of Yoga for women as a support during the extraordinary process of creating, forming and receiving life was emphasised and many ideas on Yoga practice suggested.

Here a woman's womb can be compared to a field which must protect and nourish the seed living within its earth. Thus Yoga in pregnancy might be said to be the appreciation and refinement of the art of organic cultivation. With this view in mind this CPD module will explore the application of Yoga through the unique and precious phases of pregnancy, childbirth and postpartum.

Through a two day workshop we will explore the role for Yoga teachings and practices for body and mind through four areas:

1. Contraception and conception.
2. The three stages of pregnancy.
3. The three stages of birthing.
4. Post natal and beyond.

These four areas will be explored from the viewpoint of the Yoga teachings of Krishnamacharya as taught through his students and highlighted through such formalised texts as the Yoga Rahasya.

These teachings will be informed and supported by a critical integration with the many ideas arising from and within the modern medical paradigms alongside the views of modern birthing pioneers. We will examine the influence and value of Western exercise techniques and the effects of current contra-indications and the impacts of both on the application of Yoga techniques and priorities emphasised as essential for this approach to practice.

They will be particularly useful for and only open to any qualified or training Yoga Teacher.

The focus in the weekend will be on integrating pregnant students into existing General Yoga Classes rather than the setting up and running of Yoga for Pregnancy or Preparation for Birth or Post Natal Classes.

The practical application will be complemented by teachings on Yoga psychology and their value for a mother to be during and beyond this wonderful mystery of life we call pregnancy.

## 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 all handouts, refreshments and a delicious vegetarian lunch for both days.

The payment process is: A £135 full fee payment is required, this is only refundable in the case of cancellation by the organizers. All cheques payable to Paul Harvey.

To make a Booking: Please send all requests for a place to Yoganjali, Princes Place, Bishopston, 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.