

## - cYs Yoga Practice Study and Training Options -

### Individual Lessons for Yoga Study or Yoga Therapy

Private meetings encompass both traditional and modern approaches to Yoga. They offer Yoga as a healing for personal recovery, lifestyle support or as a personal exploration.

### Yoga Teacher meetings for Group Yoga Class and 121 Supervision

Supervision choices through personal or small group meetings are available for Yoga Teachers who wish to further refine their teaching work with attention and reflective input through professional and supervised support for their Yoga group or 121 teaching.

### Introductory Yoga Workshop Programme

IW Weekends are for all teachers, trainee teachers and all students except complete beginners. A two day workshop explores, through guided practice, study and discussion, the primary principles and practices of this approach to Yoga.

### Introductory Yoga Sūtra Study Programme

IYSW weekends introduce the student to the primary principles and teachings from the Yoga Sūtra and how they inspire and guide Yoga practice and study. It is complete in itself and offers a sound overview of the four chapters of the Yoga Sūtra.

### Foundation Yoga Workshop Programme

FW Programmes consist of four weekend workshops over six months. They offer further in-depth teaching for personal study and practice, and also form the pre-requisites for the professional Yoga Teacher and Yoga Therapy Practitioner Training Programme.

### Foundation Yoga Sūtra Study Programme

FYSW is intended for those Yoga students who, having completed an IYSW, wish to explore further the primary principles and teachings from the Yoga Sūtra. Each weekend offers an in-depth overview of each of the four chapters of the Yoga Sūtra.

### Yoga Teaching and Yoga Therapy Practitioner Training Programme

Three year BWY Accredited Yoga Teaching and Yoga Therapy Training Programmes are available for those students who wish to develop the skills to teach using this approach to Yoga. The Practitioner Programme offers an in-depth teacher training in Yoga Practice, Teaching, Psychology and Therapy. The training will include working with small groups with a special emphasis on one to one Yoga teaching for both personal study or Yoga therapy.

### Further Studies Yoga Therapy Practitioner Training Programme

The focus of the Bristol based Two Year Further Studies Yoga Therapy Training will be to offer an approved and accredited Yoga Therapy Training for Yoga Teachers who wish to add Yoga Therapy Professional Teaching skills to their existing Yoga Teaching qualification.

### Continuing Professional Development Programme

Weekend workshops offers opportunities for Yoga teachers, trainee teachers or interested students to participate in Continuing Professional Development Programmes through nationally approved In-Service Training seminars and CPD events.

### The Art of Mantra and Yoga Chanting Programme

Lessons and Workshops are offered to explore the Art of Sound, Mantra and Yoga Chanting. They are open to all Yoga students, teachers and trainee teachers interested in experiencing and learning or teaching the meditative power of Yoga Chanting.

*Autumn eBrochure 2010*  
1985 – 2010 Celebrating 25 years of Excellence  
in Yoga Teaching and Yoga Therapy Training

The Art of Personal Yoga begins with an inquiry into our physical limitations and evolves towards exploring our spiritual potential.

- Individual Yoga Lessons or Yoga Therapy
- Group & 121 Yoga Teaching Supervision
- Introductory Yoga Workshop Programme
- Introductory Yoga Sūtra Study Programme
- Foundation Yoga Workshop Programme
- Foundation Yoga Sūtra Study Programme
- Yoga Teaching & Therapy Training Programme
- Yoga Therapy Further Studies Programme
- CPD In-Service Training Workshop Programme
- Mantra & Yoga Workshop Chant Programme

This work is gratefully inspired by Paul Harvey's many one to one lessons in India with his teacher TKV Desikachar over 20 years.



As I journey through my sixties I now prefer to teach more as part of an informal global community of Yoga teachers and schools arising from nearly 30 years of training under T Krishnamacharya's students; TKV Desikachar and his students in India, Europe and the UK.

This Teaching I received over 20 years of personal lessons with my teacher TKV Desikachar represent a commitment to the teachings of the eminent T Krishnamacharya as taught to his son TKV Desikachar and his other students.

Through this time I developed a wide range of Introductory, Foundation, Practitioner Training, Therapy Training and CPD Programmes.

Within the UK and Ireland, the Teacher and Therapy Training Programme is Nationally Recognised by the BWY, as well as meeting the European Minimum Training Standard and qualifying Practitioners for the CNHC Yoga Therapy UK Registration.

The aim of these trainings is the transmission of Yoga in the West respecting the spirit of TKV Desikachar's teaching. This is the appropriate application of Yoga for the person and their situation.

## 2010-2013 Workshops & Trainings with Paul Harvey

### Introductory Yoga Workshop

Programmes offer two days study and practice on the core principles of Yoga theory and practice.

October 30/31st 2010 in Bristol

February 26/27th 2011 in Bristol

July 9/10th 2011 in Bristol

October 22/23rd 2011 in Bristol

### IW Courses

Introductory Workshop Courses are open to all except complete beginners and offer Yoga for any background or style, either for personal development or professional skills.

They offer an opportunity for a student from any Yoga background or style to be introduced to Yoga practice and study. It is also a prerequisite to further work in the Foundation Study and Teacher Training Programme.

### IW Course Aims

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

The role of this Course is not to train students as Yoga teachers.

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

**Framework:** The Introductory Course Workshops reflect the teachings of TKV Desikachar and his father and teacher T Krishnamacharya as taught to Paul Harvey over 25 years through:

- Guidance in emphasising a personal practice to support your life.

- Understanding the principles that inspire and shape Yoga practice.
- An overview of important Yoga teachings around body and mind.
- Familiarisation with basic Yoga terms and practice techniques.
- Appreciating how your body can work more effectively in āsana.
- Deepening our āsana work with the importance of the breath in practice.

### IW Topics total over 10 hours through:

#### Yoga Practice – 2.5 hours

- Learning skills to refine your practice.

#### Yoga Sūtra – 1.5 hours

- Exploring some key concepts in this important Yoga teaching.

#### Postures (Āsana) - 4.5 hours

- How they are arranged.
- Why counterposes are used.
- How we breathe in postures.
- Why we adapt our practice.
- Learning to look into our practice with greater awareness.

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

- Learning simple breathing practices.

#### Course Review and Home Study - 1 hour

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

### IW sample Saturday schedule

- 10.00 - Introducing the days themes
- 10.15 - Āsana Practice
- 11.00 - Break
- 11.15 - Yoga Sūtra Study

- 12.00 - Break
- 12.15 - Āsana Study and Workshop
- 1.00 - Lunch
- 2.00 - Yoga Practice Theory
- 2.45 - Break
- 3.00 - Yoga Practice Theory
- 3.45 - Break
- 4.00 - Breathing Theory/Practice
- 4.45 - Āsana Practice
- 5.15 - Closing and Review
- 5.30 - Departures

### IW Course Details

**IW Duration:** A total of 15 hours (10 hours tuition time plus a minimum of 5 hours guided home study and practice research hours).

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

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

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

**IW Venue:** Bristol at Yogāñjali Sat from 10.00am-5.30pm and Sun 9.30am-4.00pm.

**IW Weekend Fees are:** £130 for the 2010 and £135 for the 2011 Courses, including delicious vegetarian lunches, refreshments, all tuition and a 50 page colour manual.

The full fee is payable to Paul Harvey on booking and should be sent to Yogāñjali. All places are subject to confirmation and the workshops must be paid for even if unable to attend. However you may be able to transfer your booking to an alternative date.

## Introductory Yoga Sūtra Study

Programmes offer two days study and practice on the core principles of the Yoga Sūtra.

January 29/30th 2011 in Bristol

June 25/26th 2011 in Bristol

November 12/13th 2011 in Bristol

### IYSW Courses

Introductory Yoga Sūtra Study Programmes are open to all except complete beginners.

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

They offer an opportunity for a student from any Yoga background or style to be introduced to Yoga Sūtra study.

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

### IYSW Course Aims

**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.

The role of this Course is not to train students as Yoga teachers.

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

**Framework:** The Introductory Yoga Sūtra 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 emphasising a personal Yoga 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 Yoga Sūtra can aid their understanding.
- Deepening the reflective aspects of our personal practice with the Yoga Sūtra.

### IYSW totals over 10 hours through:

#### Yoga Practice – 2.25 hours

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

#### Yoga Sūtra – 7.5 hours

- Exploring some key concepts that underpin this Teaching on Yoga.
- How the four chapters are linked.
- What are the key concepts in each.
- Which chapters are most important.
- Why we need a view such as Patañjali.
- Learning to look from the Yoga Sūtra at our relationship with others.
- Linking the Sūtra 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 practise.

### IYSW Weekend Schedule

#### Saturday

- 10.00 - Introducing the days theme
- 10.15 - Yoga Sūtra Study
- 11.15 - Break
- 11.30 - Yoga Sūtra Study
- 12.30 - Yoga Practice
- 1.00 - Lunch
- 2.00 - Yoga Sūtra Study
- 3.00 - Break
- 3.15 - Yoga Sūtra Study
- 4.15 - Break
- 4.45 - Yoga Practice
- 5.30 - Departures

#### Sunday

- 9.30 - Introducing the days theme
- 9.45 - Yoga Sūtra Study
- 10.45 - Break
- 11.00 - Yoga Sūtra Study
- 12.00 - Yoga Practice
- 12.30 - Lunch
- 1.30 - Yoga Sūtra Study
- 2.30 - Break
- 2.45 - Yoga Sūtra Study
- 3.15 - Yoga Practice
- 3.45 - Closing and Review
- 4.00 - Departures

### IYSW Course Details

**IYSW Duration:** A total of 15 hours (10 hours tuition time plus a minimum of 5 hours guided home study and practice research hours).

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

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

**IYSW Certification:** The cYs IYSW Certificate of Completion is awarded to successful students with 100% attendance.

**IYSW Venue:** Bristol at Yogāñjali  
Sat from 10.00am-5.30pm and  
Sunday 9.30am-4.00pm.

**IYSW Weekend Fees are:** £135 for the 2011 and £140 for the 2012 Courses, including delicious vegetarian lunches, refreshments, all tuition and a 20 page colour manual.

The full fee is payable to Paul Harvey on booking and should be sent to Yogāñjali.

All places are subject to confirmation and the workshops must be paid for even if unable to attend.

However you may be able to transfer your booking to an alternative date.

## Foundation Yoga Workshop

Programmes offer four weekends over six months for personal Yoga study and practice or as a prerequisite for Yoga teacher training.

Sept 2010 - Mar 2011 in Bristol

Sept 2011 - Mar 2012 in Bristol

### FW Courses

Foundation Yoga Workshops are open to all and offer Yoga for any background or style, either for personal development or professional skills.

The Foundation Yoga Workshop Course is intended for those students who, having completed an Introductory Workshop Course, wish to explore further the teachings that can inspire and guide our work with Yoga.

The FW offer eight days, through four weekends over six months, for in-depth personal study and practice.

This can be for interest and self-development in Yoga or become part of a personal learning base as well as being a pre-requisite for teacher training.

### FW Course Aims

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

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

The role of this Course is not to train students as Yoga teachers.

**Framework:** The Foundation Course Workshops reflect the teachings of TKV Desikachar and his father and teacher T Krishnamacharya as taught to Paul Harvey over 25 years through:

- Guidance in emphasising a personal practice to support your life.
- Understanding the principles that inspire and shape Yoga practice.
- An overview of important Yoga teachings around body and mind.
- Familiarisation with basic Yoga terms and practice techniques.
- Appreciating how your body can work more effectively in āsana.
- Deepening our āsana work with the importance of the breath in practice.

### FW Topics total over 40 hours through:

#### Yoga Practice – 10.0 hours

- Practical sessions to learn the skills to refine our own practice.

#### Yoga Sūtra - 3.0 hours

- Learning to use the Yoga Sūtra.
- Key concepts to guide our practice

#### Origins of Yoga - 0.75 hours

- What is Yoga?
- Exploring related teachings.

#### Āsana in Practice – 10.5 hours

- What is Āsana?
- Exploring selected Āsana.
- Why we move or stay in Āsana.
- What are the components of Āsana?
- Introducing sequence building.
- Learning to observe our body and breath through practice.

#### Prāṇāyāma in Practice – 4.5 hours

- What is Prāṇāyāma?
- What is its relationship with Āsana?
- Exploring helpful techniques.
- Understanding the different components.

#### Dhyāna in Practice – 1.5 hours

- What is Dhyāna or meditation?
- How to learn the basic techniques through Āsana and Prāṇāyāma.

#### Therapy in everyday life – 5.25 hours

- The Role for Yoga as a Therapy
- The Role of Āyurveda and its links with Yoga.

#### The Yoga Student – 0.75 hours

- The teachings from T Krishnamacharya and TKV Desikachar

#### Course Review and Home Study Guidelines – 4.75 hours

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

### FW sample Saturday schedule

- 10.00 - Introducing the days themes
- 10.15 - Practice
- 11.00 - Break
- 11.15 - Session
- 12.00 - Break
- 12.15 - Āsana Study and Workshop
- 1.00 - Lunch
- 2.00 - Session
- 2.45 - Break
- 3.00 - Session
- 3.45 - Break
- 4.00 - Session

- 4.45 - Practice
- 5.15 - Closing and Review
- 5.30 - Departures

### FW Course Details

**FW Duration:** Over 60 hours (40 hours tuition time plus a minimum of 20 hours guided home study and practice) through four weekends over six months.

**FW Prerequisites:** Completion of an IW or equivalent course.

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

**FW Certification:** The cYs Foundation Certificate is awarded to students with full attendance.

**FW Venue:** Bristol at Yogāñjali Sat from 10.00am-5.30pm and Sun 9.30am-4.00pm.

#### The FW Dates are:

**2010 Course:** Sept 18/19th, Nov 13/14th 2010, Jan 15/16th, March 19/20th 2011  
**2011 Course:** Sept 24/25th, Nov 26/27th 2011, January 28/29th, March 24/25th 2012

**FW Weekend Fees are:** £135 for the 2010/11 Course and £140 for the 2011/2012 Course including delicious vegetarian lunches, refreshments, all tuition and a 150 page colour manual.

A £100 FW Registration deposit, payable to Paul Harvey should be sent to Yogāñjali. This is not refundable but will be offset against the final weekends fee.

All places are subject to confirmation and the workshops must be paid for even if you are unable to attend. However missed weekends can be made up, free of charge on a later course.

## Foundation Yoga Sūtra Study

Programmes offer four weekends over six months for personal Yoga study and practice or for professional development skills.

Mar 2012 - Sept 2012 in Bristol

Mar 2013 - Sept 2013 in Bristol

### FYSW Courses

Foundation Yoga Sūtra Study Programmes are open to all and offer Yoga for any background or style, either for personal development or professional skills.

The FYSW is intended for those students who, having completed an Introductory Yoga Sūtra Workshop Course, wish to explore further the teachings that can inspire and guide our work with Yoga.

The FYSW offer eight days, through four weekends over six months, for in-depth personal study of the Yoga Sūtra.

This can be for interest and self-development in Yoga or become part of a personal learning base as well as being a support for teacher training.

### FYSW Course Aims

**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.

The role of this Course is not to train students as Yoga teachers.

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

**Framework:** The Foundation Yoga Sūtra Study Programme reflects the teachings of TKV Desikachar and his father and teacher T Krishnamacharya as taught to Paul Harvey over 25 years through:

- Guidance in emphasising a personal 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 Yoga Sūtra can aid their understanding.
- Deepening the reflective aspects of our personal practice with the Yoga Sūtra.

### FYSW total over 40 hours through:

#### Yoga Practice – 9.0 hours

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

#### Yoga Sūtra - 30.0 hours

- Exploring some key concepts that surround this teaching on Yoga.
- How the four chapters can link to personal practice goals.
- In depth overview of the structure of each chapter.
- Identify the key sūtra in each chapter.
- In depth exploration of the key sūtra in each chapter
- Linking each chapter to the meditative path in Yoga.

- Which concepts from each chapter are most relevant to us.
- How to prioritize short term and long term goals in Yoga.
- Learning to read the Sūtra signposts for our personal journey.
- Why the view is the foundation for practice and life.
- Learning to look from the Yoga Sūtra viewpoint at our relationship with others.
- Linking the Sūtra to the ebb and flow of daily life.

### Course Review and Home Study Guidelines – 3.0 hours

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

### FYSW Sample Saturday Schedule

- 10.00 - Introducing the days theme
- 10.15 - Yoga Sūtra Study
- 11.15 - Break
- 11.30 - Yoga Sūtra Study
- 12.30 - Yoga Practice
- 1.00 - Lunch
- 2.00 - Yoga Sūtra Study
- 3.00 - Break
- 3.15 - Yoga Sūtra Study
- 4.15 - Break
- 4.45 - Yoga Practice
- 5.30 - Departures

### FYSW Course Details

**FYSW Duration:** Over 60 hours (40 hours tuition time plus a minimum of 20 hours guided home study and practice) through four weekends over six months.

**FYSW Prerequisites:** Completion of an IYSW or equivalent course.

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

**FYSW Certification:** The cYs FYSW Certificate is awarded to students with full attendance.

**FYSW Venue:** Bristol at Yogāñjali Sat from 10.00am-5.30pm and Sun 9.30am-4.00pm.

### The FYSW Dates are:

**March 2012 Course:** March 10/11th, May 12/13th, July 14/15th, September 8/9th 2012.

**March 2013 Course:** March, May, July, September dates TBC

**FYSW Weekend Fees are:** £145 for the 2012 Course and £150 for the 2013 Course including delicious vegetarian lunches, refreshments, all tuition and an 80 page colour manual.

A £100 FYSW Registration deposit, payable to Paul Harvey should be sent to Yogāñjali. This is not refundable but will be offset against the final weekends fee.

All places are subject to confirmation and the workshops must be paid for even if you are unable to attend. However missed weekends can be made up, free of charge, on a later Course.

## The Yoga Practitioner Programme

Offers a 3 Year in-depth Course to develop the personal and professional skills in working with group classes and one to one teaching or therapy.

Jan 2013 to Dec 2015 in Bristol

**Framework:** To provide an in-depth study of Yoga as a:

- Learning or healing practice for groups or individuals
- Holistic Teaching received from T Krishnamacharya through Desikachar
- Philosophy through Texts and Teachers
- Lifestyle Psychology comparable to Western models
- Complementary Therapy to support health and recovery from illness

**Teaching:** The Yoga Training Programme reflects the teachings of TKV Desikachar and his teacher T Krishnamacharya as taught to Paul Harvey over 23 years.

**Prerequisites:** A minimum of 75 contact and home study hours through the IW and FW Courses or an acceptable alternative.

**Diploma:** As well as cYs Practitioner status, students will qualify for UEFNY European Yoga Teacher Registration, the BWY Yoga Teaching Associate Status and CNHC UK Yoga Therapy Registration.

**Programme Hours:** A minimum of 460 contact within 640 course hours through:

- 425 contact hours over 21 non-residential three-day workshops with Paul Harvey and Specialist Teachers.
- 20 hours personal lessons with an acceptably experienced teacher.
- 10 hours individual and group class supervision for your current teaching work with an acceptable supervisor.

- 5 hours (approx) external group class assessment from the second year with an acceptable external assessor.
- 100 hours in home study and course completion projects
- 80 hours personal teaching in group classes and individual lessons

**Group size:** Will be up to 16 students.

**Teachers:** The Programme will be taught by Paul with support from specialist tutors.

**Assessment and Projects:** There will be teaching and practice assessments with emphasis on the overall quality of the individual student's development.

The work will be assessed by the Programme trainer or faculty teachers.

All students will be required to teach group classes by the second year and work with individuals by the third year.

**Programme Fees:** The total cost for the 2013-2015 course will be around £5700, plus around £300 BWY fees.

The annual breakdown is:

£1500 per year fixed over three years for seven 3 day weekend workshops in Bristol including a 1000 page colour manual, lunch Fri/Sat/Sun, refreshments and all tuition.

This is payable monthly through a bank schedule. All Workshop fees must be paid for even if unable to attend.

£400 per year (approx average if based on £40 per hour) for 20 hours of personal tuition and 10 hours of group and individual supervision. This will be payable at the time of tuition to your teacher or supervisor.

A Programme Registration Deposit of £600, payable to Paul Harvey is required. It will be offset against year three Workshop costs.

The YPP topics are:

### 1. Sādhana - Yoga Practice

- Individual lessons.
- Group workshops to develop planning and observational skills.
- Building and working with basic and continuing group classes and personalised learning or healing practices.

### 2. Yoga Sūtra - Psychology

- Focused study of Yoga Sūtra.

### 3. Roots of Yoga and Related Texts

- Definition and Approaches to Yoga.
- Overview of related texts

### 4. Āsana - Postures

- Definition according to Yoga texts.
- Detailed study of 32 Primary Āsana.
- Introduction to Intermediate Āsana.
- Overview of Advanced Āsana.
- Classification, sequence building, compensation and breathing.
- Movement, stay and adaptation.
- Sound, Mūdrā and Bandha in Āsana.
- Introduction to Observation in Āsana.

### 5. Prāṇāyāma – Seated Breathing

- Definition according to Yoga texts.
- Detailed study of important techniques and theory of Prāṇa.
- Preparation, classification, components and sequence building in Prāṇāyāma.

### 6. Dhyāna - Meditation

- Introduction to the various aspects of meditation within practice.
- Basic techniques applied through Āsana and Prāṇāyāma.
- Refinement of Meditation practice.

### 7. Yoga Cikitsa - Yoga Therapeutics

- Introduction to diagnostic models.
- Application of therapeutic models.
- Introduction to Āyurveda and its therapeutic links with Yoga.

### 8. Viniyoga - Application of Yoga

- The work of T Krishnamacharya and TKV Desikachar.
- Eastern and Western teaching and the student teacher relationship.
- Advantages and disadvantages of individual and group tuition.
- Application to group classes and individuals lessons.
- Organisational and Ethical aspects of Teaching.
- Introduction to Counselling.

### 9. Sanskrit and Nāda Yoga - Sound, Chant and Mantra

- Introducing the Romanized alphabet.
- Understanding the important names in Āsana and Prāṇāyāma.
- Application of voice work and techniques for sound in practice.
- Reciting Yoga teachings.

### 10. Annam – The Human System

- Study of anatomy, physiology, pathology and pharmacology.
- Study of Kinesiology.

### 11. Svādhyāya - Home Study

- Practical home study through reading, practice planning, theory questions and personal practice.
- Completion of final year Yoga Sūtra study project.
- Completion of 80 hours external group and one to one teaching.

## The Further Studies Yoga Therapy

Programme offers Accredited Yoga Teachers training in the principles and practice of Yoga Therapy for group classes or individual lessons.

Sept 2011 to June 2013 in Bristol

**Framework:** The Programme offers an opportunity for any BWY teacher to train on a BWY Accredited Further Studies Training Course as a Yoga Therapy Practitioner.

The Course will draw from the Yoga teachings of TKV Desikachar as learnt by Paul Harvey over 20 years from the study Desikachar made with his teacher the eminent T Krishnamacharya, as a:

- Healing practice for groups or individuals
- Holistic Teaching from Krishnamacharya to TKV Desikachar
- Philosophy through Texts and Teachers
- Lifestyle Psychology comparable to Western models
- Complementary Therapy to support health and recovery from illness

**Duration:** A minimum of 210 contact hours within 350 course hours through:

- 170 group contact hours over 10 non-residential three day workshops over 2 years with Paul Harvey.
- 15 hours personal lessons with an acceptably experienced teacher.
- 25 hours individual and group class supervision for your current Yoga therapy teaching work with an acceptable supervisor.
- 90 hours teaching practice in group classes and individual lessons.
- 50 hours home study and course completion projects.

**Teacher:** The Programme workshops will be taught by Paul Harvey.

**Group size:** Will be up to 16 students.

**Assessment:** Emphasis will be placed on the overall quality of the individual student's development and personal involvement in the outcome of the Course.

Ongoing teaching experience is necessary based on group and 121 therapy of 40 hours therapy group teaching over at least two terms and ten individual case studies of at least 5 tuition hours. The case files will be supervised with appropriate feedback.

**Projects:** Coursework given as both theoretical and practical home study is necessary. The student is expected to fulfil each year satisfactorily in terms of completion on time and the quality of the work submitted. Home study will be primarily preparation for the upcoming weekend.

Here the students personal teacher can support the work around the home study.

**Programme Fees:** The 2011-2013 course fees will be £1900 plus approx £1600 121 fees and approx £75 BWY registration and completion costs. This breaks down into yearly cycles of £950 comprising:

£190 each for five three day workshops in Bristol including refreshments, a delicious vegetarian lunch Saturday and Sunday but no accommodation.

Approx £40 per hour for 40 hours Personal Lessons and Supervision.

The weekend costs includes a 350 page colour Manual, all tuition, refreshments and a delicious vegetarian lunch on Sat/Sun. The weekends will be from 2.00pm Fri afternoon to around 2.00pm Sun afternoon.

A Registration Deposit of £350, payable to Paul Harvey, is required. This will be offset against the final two weekend's fees.

The FSP topics total 170 hours:

**Sādhana - Yoga Practice – 32.5 hours**

- Group practice sessions and workshops to refine personal practice, observational and development skills for different therapeutic situations.

**Yoga Sūtra - Psychology – 30 hours**

- Focusing on an in-depth study of Chapters One and Two of the Yoga Sūtra.

**Āsana - Postures – 35 hours**

- Study of selected Cikitsa Āsana.
- Additional Cikitsa techniques.
- Application of Cikitsa techniques.

**Prāṇāyāma - Seated Breathing – 15 hours**

- Study of selected Cikitsa Prāṇāyāma
- Additional Cikitsa techniques within Prāṇāyāma practice.
- Application of Cikitsa techniques.

**Dhyāna - Meditation – 5 hours**

- Āsana within a Cikitsa meditational framework.
- Prāṇāyāma within a Cikitsa meditational framework.
- Beyond Āsana and Prāṇāyāma.
- Application of Cikitsa meditational techniques.

**Yoga Cikitsa - Yoga Therapy – 35 hours**

- Therapeutic application using Yoga Cikitsa (Yoga Therapy) diagnostics.
- Exploring aspects of the individual, from illness at the physiological level, through to emotional problems at the transpersonal level.
- Study of Āyurveda Diagnostic and Lifestyle Principles and their relationship with Yoga Therapy.

**Viniyoga - Application of Yoga – 12.5 hours**

- Application and development of Yoga Therapy through refining our teaching and review skills for group class or individual lesson therapy situations.
- Contributing examples of our Yoga Therapy group class and individual lesson work for case study sessions.

**Sanskrit and Nāda Yoga - Sound, Chant and Mantra – 2.5 hours**

- Reciting the Sūtra and Mantra that support Yoga Therapy.

**Svādhyāya – Review and Home Study Guidelines – 2.5 hours**

- Formal homestudy of a practical nature through review, reading, personal practice, theory questions and personal observation.

**Certification:** Students successfully completing the Programme will receive a cYs Yoga Therapy Practitioner Certificate. The FSP has been awarded Post-Training Associate status through the BWY, a National Governing Body for Yoga within the UK. Also the Diploma will qualify for European Teacher recognition and CNHC UK Yoga Therapy Practitioner Status.

**Prerequisites:** The Yoga Therapy Practitioner Training Programme is open for application to all teachers on the current BWY Yoga Teachers Register.

Applicants will be asked to complete a cYs Foundation Course prior to acceptance.

A commitment to maintaining a consistent home practice will also be helpful as we seek to both experiment with and refine aspects of our personal practice.

**Applications:** Applications for a place can be made by letter or email, via the FSP Yoga Therapy Training application form. We can discuss it further from there.

## The CPD Programme

Offers two day workshops for Students and Teachers to participate in Continuing Professional Development through nationally approved IST seminars.

Their focus is to enhance existing skills or to explore new areas of Yoga expertise through:

- Adapting the Body -  
Adjusting Āsana in Group Classes
- Freeing the Body –  
Advancing Āsana in Group Classes
- Freeing the Breath -  
Prāṇāyāma within Āsana in Groups
- Freeing the Voice -  
Mantra and Chanting in Yoga Groups
- Freeing the Mind -  
Sūtra and Psychology in Groups
- 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

## The CPD Programme

Adapting the Body -  
The Art of Observing and Adjusting  
Āsana in Group Classes

October 9/10th 2010 in Bristol

This particular āsana theory and practice workshop on observation and adjustment is offered for students not so familiar with the structural core principles that guide āsana practice in TKV Desikachar's teaching.

It could be especially useful for teachers and trainees from any Yoga teacher training, as

well as students interested in the principles that support refining and developing our personal Āsana practice.

Each session will help us to develop, through presentation, practice and demonstration how we can:

- Appreciate the value of casual and intentional observation
- Link psychological and physiological observation
- Assess through simple means the structural bodies key areas in:
  - The neck, arms and shoulders
  - The upper and lower back
  - The hips, legs, knees, feet and ankles
- Learn to evaluate strength, weakness, flexibility and stiffness
- Refine observation through the breath and what it can tell us.
- Understand which postures are most useful for observation in:

- Standing, Lying, Back-bend, Seated

The practical and theory work around observation will be supported by ongoing and relevant examples on how to adjust a group class students practice intelligently, sensitively and especially, appropriately.

From this we can help the student facilitate a more effective and progressive practice through developing appreciation and insight into which practice patterns may be:

- Unhelpful in terms of health and attitude.
- Inadequate in that they reinforce existing postural problems.

Finally how we can further integrate the structural aspects of our personal and teaching asana practice into the deeper potentials of Yoga.

## The CPD Programme

Within the Womb another Life -  
Yoga in Pregnancy

March 26/27th 2011

in Bristol

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,

From this many ideas on Yoga practice were suggested and taught according to the person and their situation. 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 Training module will explore the application of Yoga through the unique and precious phases of pregnancy, childbirth and postpartum.

Through the two-days we will explore the role of 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 and discussed alongside the views of modern birthing pioneers.

We will also 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.

This work 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.

## CPD Booking Details

**The CPD weekends:** are held at Yogāñjali Teaching and Therapy Centre.

They are useful for and open to any Yoga teachers or trainee Yoga teachers, and interested students.

**The Times:** Sat from 10.00am - 5.30pm on and Sun from 9.30 till 4.00.

**The fee:** for the 2010 workshops is £130 and £135 for 2011 including all handouts, refreshments and a delicious vegetarian lunch for both days.

The 2010/2011 events qualify for 15 BWY CPD points and are open to Yoga teachers, trainee teachers and interested students.

When booking, the full fee, payable to Paul Harve, is required and should be sent to Yogāñjali. It is only refundable in the case of cancellation by the organisers.

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 required.

All places will be confirmed. Receipts and IST certificates of attendance will be available on the day.