

## - cYs Yoga Practice Study and Training Course Options -

### Introductory & Foundation Yoga Study Workshop Course Programme - in Bristol

**IYS** 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 in the personalized approach known as the viniyoga of Yoga.

**FYS** Programmes consist of four weekend workshops over six months. They offer further in-depth teaching on the viniyoga of Yoga, and also form part of the pre-requisites for the professional Yoga Teacher and Yoga Therapy Practitioner Training Programme.

### Introductory & Foundation Haṭha Study Workshop Course Programme - in Bristol

**IHS** Weekends are for all teachers, trainee teachers and all students except complete beginners. Complete in itself, the two day workshop explores, through guided practice, study and discussion, the primary principles and teachings from the major Haṭha Yoga texts.

**FHS** Workshops are intended for Yoga students and teachers who, having completed an IHS, wish to explore further the primary principles and teachings from Haṭha Yoga. Each weekend offers an in-depth view of each of the four chapters of the Haṭha Yoga Pradīpikā.

### Introductory & Foundation Sūtra Study Workshop Course Programme - in Bristol

**ISS** Weekends are for all students and teachers, trainee teachers and all students except complete beginners. Complete in itself, the two day workshop explores, through guided practice, study and discussion, the primary principles and teachings from the Yoga Sūtra.

**FSS** Workshops are intended for those Yoga students and teachers who, having completed an ISS, wish to explore further the primary principles and teachings from the Yoga Sūtra. Each weekend offers an in-depth view of each of the four chapters of the Yoga Sūtra.

### Yoga Teaching and Yoga Therapy Practitioner Training Programme - in Bristol

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 Postgraduate Practitioner Training Programme - in Bristol

The focus of the Two Year Further Studies Practitioner Training will be to offer Accredited Postgraduate Professional Teaching and Therapy skills for cYs Approved Yoga Teachers, to enhance their teaching skills and to add to their existing Yoga Teaching qualification.

### Continuing Professional Development & In-Service Programme Programme - in Bristol

Weekend workshops offers opportunities for Yoga teachers, trainee teachers or interested students to participate in Continuing Professional Development Programmes through Specialist In-Service Training Workshops and CPD Events.

### The Art of Sound Mantra and Yoga Chanting Study Workshop Programme - in Bristol

They are open to all Yoga students, teachers and trainee teachers interested in experiencing and learning or teaching the meditative power of Yoga Chanting.

Centre for Yoga Studies, Yoganjali Teaching and Therapy Centre, Princes Place, Bristol BS7 8NP  
07768 278728 info@yogastudies.org www.yogastudies.org



## Learn the Art of Personal Yoga through Introductory & Foundation Workshops Yoga Teaching & Therapy Programmes CPD & Mantra Specialist Workshops

cYs has been offering Yoga Teaching & Yoga Therapy Practitioner Training Programmes from 1985.

The Practitioner Training was accredited in the UK by the BWY in 1993 and in Europe by EUFNY in 2003.

- Introductory & Foundation **Yoga** Study Programme
- Introductory & Foundation **Haṭha** Study Programme
- Introductory & Foundation **Sūtra** Study Programme
- Teaching & Therapy **Practitioner** Training Programme
- Further Studies **Postgraduate** Training Programme
- CPD & IST **Specialist** Training Workshop Programme
- Introductory **Mantra** & Yoga Chant Study Programme

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

Centre for Yoga Studies  
Yoganjali Teaching and Therapy Centre  
Princes Place, Bristol BS7 8NP  
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cYs eBrochure 2011-2013



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.

## 2012-2013 Workshops & Trainings with Paul Harvey

### Introductory Yoga Study

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

February 25/26th 2012 in Bristol

July 7/8th 2012 in Bristol

October 20/21st 2012 in Bristol

March 2/3rd 2013 in Bristol

June 15/16th 2013 in Bristol

October 19/20th 2013 in Bristol

### IYS Courses

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

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. It is also a prerequisite to further work in the Foundation Study and Teacher Training Programme.

### IYS Course Aims

**Aims:** To present a view of the viniyoga (application) of Yoga to help deepen our relationship with Yoga practice and study.

This means respecting the vital source from which these teachings originated and their place in our age and culture.

Its role 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 Introductory Yoga Study

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 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 on 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 Topics total over 10 hours through:

### Yoga Practice – 2.5 hours

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

### Yoga Sūtra – 1.5 hours

- Defining what is Yoga and its background.
- 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 they are arranged sequentially.
- Why and how counterposes are used.
- Why and how we breathe in postures.
- Why and how we adapt our practice.

- Learning to look into our practice with greater awareness.

### Seated Breathing (Prāṇāyāma) - 0.75 hours

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

### Course Review and Home Study - 1.0 hour

- Informal continuing guidelines of a practical nature through review, reading, questions for reflection and personal 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 cYs IYS Study Course Certificate of Completion is awarded to successful students with 100% attendance.

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

**IYS Weekend Fees are:** £140 for the 2012 and £145 for the 2013 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. All Fees are non-returnable and non-transferable. In the case of Yoga courses not running an acceptable alternative or a full refund will be offered.

## Foundation Yoga Study

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

Sept 2012 - Mar 2013 in Bristol

Sept 2013 - Mar 2014 in Bristol

### FYS Courses

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

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

This can be for interest and self-development or be part of a professional learning base as part of the pre-requisite for teacher training.

### FYS Course Aims

**Aims:** Whilst the FYS can enrich our professional skills its role is not to train students as Yoga teachers. Instead its role is to present a view of the viniyoga (application) of Yoga to help deepen our personal relationship with Yoga practice and study.

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

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

- Guidance in emphasising a personal practice as a tool to support your life.
- Understanding the viniyoga of Yoga principle that underpins 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.

FYS Topics total over 40 hours through:

#### Yoga Practice – 10.0 hours

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

#### Yoga Sūtra - 3.0 hours

- Exploring some key concepts and primary Sūtra in Chapter One from this primary Yoga teaching.

- Exploring some key concepts and primary Sūtra in Chapter Two from this primary Yoga teaching.

#### Origins of Yoga - 0.75 hours

- What is Yoga and has its place and meaning changed within modern society?

- Evolution of related Yoga teachings.

#### Āsana in Practice – 10.5 hours

- What is the definition, purpose and benefits of Āsana?

- Exploring selected forward bending, back bending, twisting and seated Āsana and Mudrā.

- Why and how we use movement or choose to stay as tools in Āsana practice.

- What are the components and techniques of practice inherent in an Āsana practice?

- Introducing sequence building for personal Āsana practice planning.

- Learning to look into our Yoga practice with greater awareness.

#### Prāṇāyāma in Practice – 4.5 hours

- What is the definition, purpose and benefits of Prāṇāyāma?

- What is relationship of Prāṇāyāma with the practice of Āsana?

- Exploring helpful techniques in the practice of Prāṇāyāma.

- Understanding the different components inherent in the practice of Prāṇāyāma.

#### Dhyāna in Practice – 1.5 hours

- What is the definition, purpose and benefits of Meditation?

- How to learn the basic techniques of Meditation through Āsana and Prāṇāyāma.

#### Therapy in everyday life – 5.25 hours

- The Role for Yoga as a Constitutional or Therapeutic practice tool.

- Introducing the purpose and application of Āyurveda and its links with Yoga.

- Understanding the primary principles inherent within the energetic diagnostic tools in Āyurveda.

- Learning how to self-diagnose our energetic constitution as taught in traditional Āyurveda.

- Appreciating the role and effects of food on our energetic constitution as taught in traditional Āyurveda.

- Applying the purpose of Āyurveda as a lifestyle support within everyday life.

#### The Yoga Student – 0.75 hours

- The tradition of Yoga teachings from T Krishnamacharya and TKV Desikachar.

- The stages of evolution within the teaching methodology from T Krishnamacharya.

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

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

### FYS Course Details

**FYS Duration:** Over 60 hours (40 hours tuition time plus suggestions for 20 hours guided home study and practice) through four weekends over six months.

**FYS Prerequisites:** Completion of an IYS or equivalent course.

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

**FYS Certification:** The cYs Foundation Yoga Study Certificate is awarded to students with full attendance.

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

**The FYS Dates are:**

**2012 Course:** Sept 29/30th, Nov 24/25th 2012, January 26/27th, March 23/24th 2013

**2013 Course:** Sept, Nov 2013, January, March 2014

**FYS Weekend Fees are:** £145 for the 2012/13 Course and £150 for the 2013/2014 Course including delicious vegetarian lunches, refreshments, all tuition and a 160 page colour manual.

A £100 FYS 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.

## Introductory Haṭha Study

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

December 10/11th 2011 in Bristol

May 12/13th 2012 in Bristol

November 17/18th 2012 in Bristol

May 11/12th 2013 in Bristol

November 2/3rd 2013 in Bristol

## IHS Courses

Initiated for 2011 the IHS Programme introduces the student to a weekend on the primary principles and teachings from the major Haṭha Yoga texts.

These will include early formative texts such as the:

- Gorakṣa Śataka
- Yoga Tārāvali
- Yoga Yājñavalkhya
- Yoga Upaniṣad

Which formed the base, and in some cases the actual text, for the more well known medieval Haṭha triad of the:

- Haṭha Yoga Pradīpikā
- Gheraṇḍa Saṃhitā
- Śiva Saṃhitā

We will explore how they inspire and guide our personal Yoga practice and study, as well as our Yoga teaching. The weekend course is complete in itself and offers a sound overview of the core principles of Haṭha Yoga.

It is an opportunity for a Yoga student from any Yoga background or style to experience an in-depth introduction to the concepts and practices which underpin Haṭha Yoga.

These fundamental aspects can also be further developed through the four Foundation Haṭha Study weekend workshops.

Here the focus will be primarily on the four chapters of the Haṭha Yoga Pradīpikā.

## IHS Course Aims

**Aims:** To present a view of the core Haṭha concepts in Yoga through which students can support and develop their own practice and deepen their appreciation of the possibilities for how the practices and principles such as Haṭha can support our 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 teachings originated and their place in our age and culture.

**Framework:** The Introductory Haṭha 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 integrating the primary Haṭha concepts to support your everyday life.
- Understanding the principles which inspire and shape Haṭha Yoga.
- An overview of important Haṭha teachings around body and mind.
- Familiarisation with basic Haṭha terms and practice techniques.
- Appreciating how your body can work more effectively utilizing Haṭha techniques.
- Deepening our work with and importance of Haṭha concepts such as Prāṇa-Apāna, Mūla-Mala, Candra-Amṛtam, Sūrya-Agni and Śat Cakra in Yoga practice.

IHS totals over 10 hours through:

## Yoga Practice – 2.25 hours

- Practical learning skills from Haṭha to refine your practice.
- Linking to the concepts of Haṭha to help develop and deepen your practice.

## Haṭha Concepts – 7.5 hours

- Why we need a view such as Haṭha.
- Exploring some key themes that underpin the major Haṭha Yoga texts.

Unpacking Key Haṭha concepts such as:

- Pañca Prāṇa
- Amṛtam
- Candra
- Sūrya
- Agni
- Mūla
- Mala
- Tridoṣa
- Dvadasa Nādi
- Kuṇḍalinī
- Avidyā
- Śat Cakra.
- Which concepts are most important.
- How the key concepts are linked.
- Learning to look through Haṭha at our relationship with others.
- Linking the concepts of Haṭha 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 practice.

## IHS Course Details

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

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

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

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

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

**IHS Weekend Fees are:** £135 for the 2011 Courses, £140 for the 2012 Courses and £145 for the 2013 Courses.

This will include 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.

All Fees are non-returnable and non-transferable. In the case of Yoga courses not running an acceptable alternative or a full refund will be offered.

## Foundation Haṭha Study

Workshop Programmes offer four weekends over six months, each with in-depth study and practice on the Four Chapters of the Haṭha Yoga Pradīpikā.

Dec 2012 - June 2013 in Bristol

Nov 2013 - May 2014 in Bristol

### FHS Courses

Initiated for 2012 the FHS Programme is intended for those Yoga students who have completed an Introductory Haṭha Study course and wish to explore the primary principles and teachings from the Haṭha Yoga Pradīpikā.

Each weekend offers an in-depth view of each of the four chapters of the Haṭha Yoga Pradīpikā and how they inspire and guide our personal Yoga practice and study, as well as our Yoga teaching.

It is an opportunity for a Yoga student from any Yoga background or style to experience an in-depth introduction to each of the four chapters of the Haṭha Yoga Pradīpikā.

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.

### FHS Course Aims

**Aims:** To present a view of the core Haṭha concepts in Yoga through which students can support and develop their own practice and deepen their appreciation of the possibilities for how the practice principles within Haṭha can support our 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 Haṭha 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 integrating the primary Haṭha concepts to support your everyday life.
- Understanding the principles which inspire and shape Haṭha Yoga.
- An overview of important Haṭha teachings around body and mind.
- Familiarisation with basic Haṭha terms and practice techniques.
- Appreciating how your body can work more effectively utilizing Haṭha techniques.
- Deepening our work with and importance of Prāṇa, Apāna and Agni in Yoga practice.

FHS total over 40 hours through:

### Yoga Practice – 9.0 hours

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

### Haṭha Concepts – 30.0 hours

- Exploring key concepts that shape this primary teaching on Haṭha Yoga.
- How the four chapters of the Haṭha Yoga Pradīpikā can link to personal practice goals.
- In depth exploration of the structure of each chapter.
- What are the key concepts and techniques in each chapter.
- In depth exploration of the key verses 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 the Haṭha Yoga Pradīpikā.
- Learning to read the Haṭha signposts for our personal journey.
- Why the view is the foundation for practice and life.
- Learning to look from Haṭha Yoga at our relationship with others.
- Linking the Haṭha Yoga Pradīpikā 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.

### FHS Sample Saturday Schedule

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

### FYSW Course Details

**FHS Duration:** Over 60 hours (40 hours tuition time plus suggestions for 20 hours guided home study and practice) through four weekends over six months.

**FHS Prerequisites:** Completion of an IHS or equivalent course.

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

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

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

**The FHS Dates are:**

**December 2012 Course:** December 8/9th 2012; February 2/3rd, April 13/14th, June 8/9th 2013.

**November 2013 Course:** November 23/24th 2013; January, March, May 2014 TBC.

**FHS Weekend Fees are:** £145 for the 2012/13 Course and £150 for the 2013/14 Course including delicious vegetarian lunches, refreshments, all tuition and a 40 page colour manual.

A £100 FHS 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.

## Introductory Sūtra Study

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

March 10/11th 2012 in Bristol

September 8/9th 2012 in Bristol

February 9/10th 2013 in Bristol

July 13/14th 2013 in Bristol

December 7/8th 2013 in Bristol

### ISS Courses

Introductory 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 Sutra Study Programme.

### ISS 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 Sūtra Study Course 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 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 practice.

### ISS 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
- 2.15 - Break
- 2.30 - Yoga Sūtra Study
- 3.15 - Closing and Review
- 3.30 - Yoga Practice
- 4.00 - Departures

### ISS 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 one year's attendance at a group class of any Yoga approach, or 10 individual lessons with any Yoga teacher.

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

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

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

**ISS Weekend Fees are:** £140 for the 2012 Courses and £145 for the 2013 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.

All Fees are non-returnable and non-transferable. In the case of Yoga courses not running an acceptable alternative or a full refund will be offered.

## Foundation Sūtra Study

Workshop Programmes offer four weekends over six months, each with in-depth study and practice on the Four Chapters of the Yoga Sūtra.

Mar 2012 - Sept 2012 in Bristol

Mar 2013 - Sept 2013 in Bristol

### FSS 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 FSS 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 FSS offer eight days, through four weekends over six months, an 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.

### FSS 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 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.

### The FSS totals 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

### FSS Course Details

**FSS Duration:** Over 60 hours (40 hours tuition time plus suggestions for 20 hours guided home study and practice) through four weekends over six months.

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

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

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

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

### The FSS Dates are:

**March 2012 Course:** March 31st/April 1st, May 26/27th, July 21/22nd, September 22/23rd 2012.

**March 2013 Course:** March 16/17th, May 18/19th, July 20/21st, September 21/22nd 2013

**FSS Weekend Fees are:** £145 for the 2012 Course and £150 for the 2013 Course including delicious vegetarian lunches, refreshments, all tuition and a 60 page colour manual.

A £100 FSS 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 Postgraduate

Programme offers cYs Approved Yoga Teachers Postgraduate Training in the principles and practice of Yoga Therapy for group classes or individual lessons.

Feb 2013 to Dec 2014 in Bristol

**Framework:** The Programme offers an opportunity for any cYs Approved teacher to train on a BWY Accredited Further Studies Postgraduate Training Course.

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 170 contact hours within 230 course hours through:

- 170 group contact hours over 10 non-residential three day workshops over 2 years with Paul Harvey.
- 60 hours home study and course completion projects.

In yearly cycles of 120 hours through:

- 85 hours in 5 three day workshops.
- 30 hours on a home study project.

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

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

**Assessment:** There will be informal support with emphasis on the overall quality of the individual student's development and involvement in the Course.

The focus of the Postgraduate Course will be to offer a Further Studies environment rather than a teacher training Programme.

Therefore there will be no workshop assessments or planning sessions. Instead the Programme will focus on a small group of interested students studying and practising together.

**Projects:** Continuing home study of both a written and practical nature along with personal practice projects are required as part of the Course.

The home study will include one Yoga Sūtra project each year to be completed by weekend 5, for tutor review and return the first weekend of the next year.

**Programme Fees:** The 2013-2014 course fees will be £2000 plus approx £75 BWY registration and completion costs.

This breaks down into yearly cycles of £1000 comprising:

£200 each for five three day workshops in Bristol including refreshments, a delicious vegetarian lunch Saturday and Sunday but no accommodation.

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 £400, payable to Paul Harvey, is required. This will be offset against the final two weekend's fees.

The FSP topics total 170 hours:

**Sādhana - Practice – 32.5 hrs**

- Group practice sessions and workshops to refine observational and development skills.

**Yoga Sūtra - Psychology – 30 hrs**

- Focusing on an in-depth study of Chapters Three and Four of the Yoga Sūtra.

**Āsana - Posture – 35 hrs**

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

**Prāṇāyāma - Breathing – 15 hrs**

- Study of Core techniques.
- Additional techniques.
- Application of techniques.

**Dhyāna - Meditation – 5 hrs**

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

**Yoga Cikitsa – Therapy - 35hrs**

- Therapeutic application using Yoga Cikitsa diagnostics.
- Exploring aspects of the individual from illness at the Physiological level through to emotional problems at the transpersonal level.
- Study of Āyurveda Lifestyle Principles and their links with Yoga Therapy.

**Viniyoga - Application – 12.5 hrs**

- Refining our practice and teaching review skills for group or individual lessons through workshops, practice and contributing examples of our teaching work for shared case study sessions.

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

- Reciting Sūtra and Mantra that support Yoga practice.

**Svādhyāya - Home Study - 2.5 hrs**

- 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 Postgraduate Practitioner Diploma.

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 Further Studies Postgraduate Practitioner Training Programme is open for application to all teachers on the current cYs Approved Teachers Register.

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 Postgraduate 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 Specialist IST seminars.

Their focus is to enhance existing skills and 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

The viniyoga of Āyurveda –  
Lifestyle Skills & Yoga Teachings

October 13/14th 2012

in Bristol

The study and practice of Yoga has, for many centuries, been linked to the study of complementary arts from Indian culture such as Mantra, textual Chanting, Karnāṭaka music or Āyurveda lifestyle skills.

For example, traditionally Āyurveda and Yoga went hand in hand and the importance of

understanding the principles of Āyurveda is obvious when exploring Yoga texts such as the Haṭha Yoga Pradīpikā.

T Krishnamacharya, understood the relevance and role of these complementary arts. Thus his study and teaching work was characterised by the application of arts such as Āyurveda to support the development of the student's potentials within their material life and spiritual journey.

So for students of Yoga, an understanding of Āyurveda will complement and help their Yoga study and practice. This particular workshop will focus on the application or viniyoga of Āyurveda lifestyle skills to Yoga teachings. Refining our understanding of this relationship is essential:

- When working with the application of Yoga in sustaining a high energy potential (Śikṣaṇa) for study and practice
- When working with the application of Yoga as a support (Rakṣaṇa) in helping to maintain an active lifestyle
- When working with the application of Yoga therapeutically (Cikitsa) with imbalances that cause or aggravate the disease process

It will be useful for all Yoga teachers and students interested in refining Yoga practice through developing Āyurveda lifestyle skills. Each session will help us develop how to:

- Appreciate the role of Nādi Parīkṣa or the study of pulse in Yoga
- Link Doṣa or constitution to Yoga practice and daily lifestyle
- Learn about Āhāra (food) and its relevance to daily lifestyle
- Assess appropriate and inappropriate Vihāra (lifestyle) practices
- Refine the ability of Āyurveda to link directly to Yoga practices

## The CPD Programme

Freeing the Voice -  
Mantra and Chanting in Groups

July 27/28th 2013

in Bristol

The Arts of Sound, 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, they integrate body, voice, mind and emotions with the source from which sound originates.

It is the art of learning to listen and recite with confidence. The benefits include 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 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 develop their voice and 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 Āsana, Prāṇāyāma and Dhyāna (meditational) practices.
- Experiencing how teaching Sound, Mantra and Chanting can be a tool to lead the student towards silence.

- Exploring the possibilities for the use of Sound and Mantra as a therapy for improving health and well being.
- Discovering how chanting can be a tool for learning Yoga teachings on psychology or spirituality.
- Understanding the value of teaching Mantra in Sanskrit.

It will be useful for and open to any BWY accredited Yoga teachers or students interested in the Practice of Mantra and Yoga Chanting. This can be either from a personal developmental or a professional expertise viewpoint.

## CPD Booking Details

**The CPD weekends:** are held at Yogāñjali Teaching and Therapy Centre and 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 Sat and Sun from 9.30am - 4.00pm.

**The fee:** for the 2012 workshops is £140 and £145 for the 2013 workshops including all handouts, refreshments and a delicious vegetarian lunch for both days.

The 2012/2013 events qualify for BWY CPD points and are open to Yoga teachers, trainee teachers and interested students.

The full fee is payable to Paul Harvey on booking and should be sent to Yogāñjali. All places are subject to confirmation.

All Fees are non-returnable and non-transferable. In the case of Yoga courses not running an acceptable alternative or a full refund will be offered.

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