

Lessons Courses and Trainings

Private Yoga Lessons encompass both traditional and modern approaches to the art of personalizing Yoga practice.

Supervision meetings are available for Teachers who wish to further refine their Yoga Teaching through professional and supervised support for their Teaching.

Two Day Introductory Workshop Study Courses explore the primary principles and practices of Yoga practice and study.

Eight-Day Foundation Workshop Study Courses offer further in-depth personal Yoga practice and study; they are also the pre-requisites for teacher training.

Three Year Practitioner Training Programmes are for those who wish to develop the skills to teach Yoga. They offer an in-depth training in Yoga Practice, Teaching, Psychology and Therapy.

Two Year Further Studies Programmes focus on how a small group of students studying Yoga together sharing a commitment to the course and group.

Two day CPD Weekend Workshops offers opportunities for Accredited Yoga Teachers to participate in nationally approved In-Service Training seminars.

The Art of Sound, Mantra and Yoga Chanting Workshops are open to all interested in experiencing the meditative power of the spiritual and psychological chant and mantra teachings from India.

About Paul Harvey



Paul met his teacher, TKV Desikachar in 1976; this led in 1979 to a two-year stay in India. Returning in 1981 he founded cYs, before retiring from organisational roles in 2006 to return to his teaching roots via lessons, workshops and teacher training.

He returned to India many times over 20 years for individual lessons with his teacher whilst also completing a foundation in Core Process therapy and a counsellor training in Transpersonal Psychology in the West.

Now into his 60's he is teaching within the more personal setting of cYs, whilst directing a Yoga Centre in Bristol and offering Lessons, Supervision, Study, CPD and Yoga Teacher Training Programmes.

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

The Art of Personalizing Yoga practice means it can be applied as a

- Health Therapy for Recovery
- Lifeskill Preventative for Support
- Meditational Journey for Discovery



The Art of Personal Yoga

Private Yoga Tuition

Individual Yoga Lessons

Personal Yoga Practices

with Paul Harvey

in Bristol and Stroud

Yogajali Practice & Therapy Centre
Princes Place, Bishopston
Bristol BS7 8NP
Phone: 07768 278 728
Web: www.yogastudies.org
Email: info@yogastudies.org

Yoga has Three Aspects

- **Yoga as a means to power**

Yoga practice as power is the ability, through intense physical and mental effort, to attain a state of concentration.

Here Yoga practice can be seen as an art and a fascinating and helpful pursuit for many people.

However, traditionally this aspect is only a means towards another goal.

- **Yoga as a means to self-inquiry**

Yoga can also be used as a tool for understanding more of our deeper patterns by inquiring into and beyond the everyday.

This can allow our actions or especially reactions to be less influenced by the more usual patterns.

However, we all experience problems, poor health or illness at some time.

- **Yoga as a means to therapy**

Yoga can be used to help us work with the effects of problems and illness in our lives.

Here our potential will be related to the problem and our attitude in Yoga practice.

These three aspects of Yoga are mutually supportive in helping to maintain health, vitality and purpose within the commitment and challenges of personal life, work and relationships.

The Teaching Approach

Is to make Yoga relevant to our lives.

It offers many tools including body, breath and voice work, diet, meditation and study.

Yoga can be used in different ways:

- To appreciate the relationship between body, breath and mind.
- To develop a state of attention that allows space for reflection.
- As a therapy to help our health.

Teaching from this perspective respects the uniqueness of the individual and their situation at this point in time.

Care has been taken to preserve this spirit of the Art of Personal Yoga, through:

- Adaptation of all aspects of our Yoga practice to our needs and potential
- Integrating Yoga movement, breathing, Yoga meditational and lifestyle changes, for better physical and mental health.
- A process that moves from teaching a Yoga practice adapted to our limitations towards one that stretches our abilities.
- The precise use of the breath as a powerful tool to influence a person's mental and physical well-being.
- The value of a personal relationship with the Yoga teacher to support the Yoga student and their own Yoga practice.

Individual Lessons

Meeting individually can be beneficial with time to discuss your priorities in developing a practice appropriate to your lifestyle and request.

Whether your need is to:

- Cope with excessive stress.
- Reduce dependency on social and medical drugs and overeating.
- Prepare for birth and post-partum.
- Care for disorders such as back, digestive, asthma, arthritis, etc.
- Enhance energy and productivity.
- Have a practice for personal fitness
- Explore a meditation practice.

Individual lessons offer space and support in developing a home practice tailored to your energy, needs and time available.

Typically a home Yoga Practice lasts 25 to 50 minutes depending on its role and how much time you will need to make available. You are guided through the Yoga practice, ensuring that it meets your needs and that you are comfortable with its role.

The first longer Yoga consultation is £50, thereafter lessons will be £40 for a full Yoga lesson and £20 for Yoga review meetings.

A free preliminary half hour meeting is offered to discuss your requirements. Do contact Paul to arrange a meeting.