

Group Yoga Class Levels I/II are for beginning and continuing students to experience the basic principles of practice.

- The emphasis is primarily on learning the use of primary Yoga postures with appropriate Yoga breathing patterns.
- Introducing simple Yoga seated practices for the breath and attention.

Yoga Class Levels II/III are for continuing students familiar with aspects of level I/II.

- The emphasis is still on primary postures but the practice is developed through work with intermediate postures.
- Adding depth to the primary postures through subtler Yoga techniques.
- Exploring meditational techniques through seated breathing practices for refining breath and attention.
- Developing simple Yoga meditational techniques for breath and attention.

Yoga Group Class Levels III/IV are held fortnightly as an supplementary class option for any students interested in deepening their Yoga through practice and study.

- Here the primary and intermediate class work is developed with advanced Yoga posture and Yoga breath techniques.
- Developing the Yoga practice with specific seated Yoga breathing practices.
- Integrating meditational techniques.
- Plus this time is taken to explore and discuss Yoga teachings and their relationship to our life and practice.

## Yoganjali Yoga Centre

Respects the teachings of the eminent T Krishnamacharya as received through his son and student TKV Desikachar.

Paul Harvey, its director, studied under TKV Desikachar in India over 20 years. Its aim is to promote the teaching of Yoga according to the person and their situation.

All its teachers are accredited to teach Yoga in both the UK and in Europe.

### Yoga Group Class Schedule

- Monday with Nigel Hinchcliffe -

Yoga Levels II/III 6.30pm – 7.45pm  
Phone: 0117 377 6834  
Email: nigel@bristolnutrition.co.uk

- Tuesday with Lynette White -

Yoga Levels I/II 6.30pm - 7.45pm  
Yoga Levels II/III 8.00pm - 9.15pm  
Phone: 0117 985 3543

Email: lynette\_erving\_white@hotmail.co.uk

- Alt. Wednesday with Paul Harvey -

Yoga Levels III/IV 7.00pm – 8.30pm  
Phone: 07768 278 728  
Email: info@yogastudies.org

- Thursday with Marian Miles -

Yoga Levels II/III 6.00pm - 7.15pm  
Yoga Levels I/II 7.30pm - 8.45pm  
Phone/Fax: 0117 902 7860

Email: marian.miles@blueyonder.co.uk

Please contact the Yoga teacher who can advise you regarding places, dates and fees.



yogañjali

**Bristol Yoga Practice  
and Yoga Therapy Centre**



**Yoga  
for Body Breath Mind**

**Group Yoga Classes  
and  
Individual Yoga Lessons**

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**Yoganjali Practice & Therapy Centre  
Princes Place, Bishopston  
Bristol BS7 8NP**

**Phone: 07092 879 374**

**Email: info@yoganjali.co.uk**

**Web: www.yoganjali.co.uk**

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## 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.