

5 Day Yoga Intensive in Israel December 14-18th 2012 with Paul Harvey



Yoga Cikitsa and the Pañca Maya

Through presentation, discussion and case studies we will explore the model of the Pañca Maya from the Taittirīya Upaniṣad as a major therapeutic paradigm in terms of its view of five aspects of the human being as Physical, Energetic, Mental, Personality and Emotional.

As well as applying this paradigm to the Western medical models for disease it will be linked to the common energetic principles underpinning Haṭha Yoga and Āyurveda and how they can be applied in terms of both recovery or developmental modalities for the students starting point, potential and personal goals.

The intensive will suit Teachers and Trainee Teachers interested in how Yoga Therapy can be applied within both group and individual teaching whilst still integrating the deeper potentials of Yoga theory and practice into both our short term and longer term work.

Paul Harvey, a student of TKV Desikachar for over 25 years, has taught in the US, Canada, Israel and Europe as well as around the UK over 40 years. His study of Yoga is complemented by extensive Western Therapy training through Core Process Psychotherapy and Transpersonal Psychology.

For further information contact the event organiser Ziva Kinrot
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