

2 Days of Seminars with Paul Harvey on December 19-20th 2012 for the Israeli Yoga Teachers Association



Day One: The Yoga Sūtra of Patañjali - The A-Z of Yoga

A day of Yoga study and practice to explore the four chapters of the Yoga Sūtra as the Map, Vehicle, Journey and Goal - to help guide the Art of Personal Yoga Practice into greater depth, subtlety and relevance to daily life as well as to the development of students starting point and potentials.

Day Two: Patañjali, Prāṇa and Practice

Together through presentation, discussion and practice we will explore the roles of Rāja and Haṭha Yoga especially in relation to the field of Yoga Cikitsa or Yoga Therapy.

We will firstly focus on the therapeutic paradigm from Chapter Two of the Yoga Sūtra in terms of its 'Four Noble Truths' of: there is a Symptom, a Cause, a Solution and a Means.

This paradigm will be linked to the energetic principles underpinning Haṭha Yoga and Āyurveda and how they can be applied in terms of the our starting point, potential and goals.

The two days will suit Students and Teachers interested in how Yoga can be applied as a philosophy, psychology and a therapy.

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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