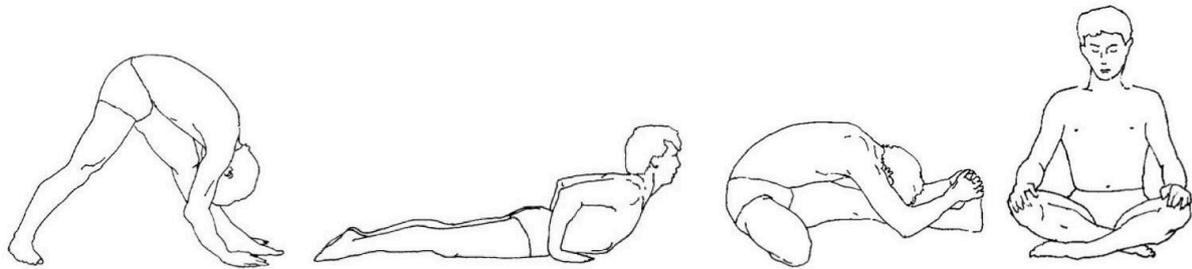


Two Day Yoga Intensive

January 6/7th 2017 in Israel

with Paul Harvey



The Art of Observing the Breath in Āsana

This two day intensive on the art of observing the Breath in Āsana is offered for all interested in the core structural and energetic principles that guide the role for the breath in Āsana.

We will explore T Krishnamacharya and TKV Desikachar's teachings on Haṭha Yoga and their relationship to modern Kinesiological processes as well as to ancient traditions.

It is offered for all Yoga students, teachers and trainee teachers from any training background interested in the principles that support refining and developing the breath in our personal Āsana practice according to the core principles within the teachings from Haṭha Yoga.

Each session will help us to develop, through presentation, practical demonstration, small group interaction and personal practice experience, how we can:

- Establish primary observation foci for the Breath
- Establish secondary observation foci for the Breath
- Appreciate the respiratory energetic priorities within Haṭha Yoga
- Apply the respiratory energetic priorities within Haṭha Yoga
- Appreciate the value of casual and intentional observation
 - Link psychological and physiological observation
- Learn to evaluate the inhale, exhale and possibilities for holding the breath

The practical and theory work around observation of the breath in Āsana will be supported by ongoing and relevant examples on how to observe the breath and how to set appropriate short term and long term goals for the breath within students Āsana practice.

From this we can facilitate a deeper, more effective and progressive practice through developing direct insight and appreciation of how structural respiratory patterns may be:

- Unhelpful in terms of health, well being and attitude
- Inadequate in that they reinforce existing postural patterns

Finally we will explore how to integrate the structural and energetic aspects of Āsana practice into the deeper potentials of Yoga.