

Asana, Prāṇāyāma, Mantra and Sūtra

The Art of the viniyoga of Yoga Practice & Study

Two Day Intensive January 5/6th 2018 in Israel with Paul Harvey



Body Postures or Āsana

Yoga as a Physiological Practice

Seated Breathing or Prāṇāyāma

Yoga as an Energetic Practice

Chanting Sacred Sounds or Mantra

Yoga as a Devotional Practice

Personal Sādhana as Āsana, Prāṇāyāma & Mantra

Yoga as a Physiological-Energetic-Devotional Practice

Textual Study or Yoga Sūtra

Yoga as a Spiritual Inquiry

We will look at Yoga Practice through the Physiological and Energetic aims underpinning Āsana and Prāṇāyāma and Devotional aims underpinning Mantra. Plus how these tools are vital aids to the Spiritual Inquiry within the Yoga Sūtra.

We will explore their potential as tools to recover, support or transform within short term or long term situations, given the students starting point, potentials and personal goals.

This two day intensive reflects the teachings of TKV Desikachar and his teacher T Krishnamacharya as taught to Paul Harvey. It is offered with respect for the vital source from which these Yoga teachings originated and their place in our age and culture.

Paul, a pupil of TKV Desikachar through personal lessons in Madras over 20 years, has taught in the US, Canada, Israel and Europe as well as around the UK over 40 years. His study in the Arts of Yoga Sādhana is complemented by trainings in Indian Carnatic Singing, Counselling, Psychotherapy, Medical Herbalism and Kinesiology.