



Three Tools for the viniyoga of Yoga Āsana - Prāṇāyāma - Yoga Sūtra for Body - Breath - Mind

Four Days of Yoga Training

January 13th - 16th 2016 with Paul Harvey

Theme 1. Planning Āsana Practices

Theme 2. Observing & Adapting Āsana

Theme 3. Planning Prāṇāyāma Practices

Theme 4. Chapter Two of the Yoga Sūtra

Our time together will explore the viniyoga or application of each of the above four themes.

We will spend our mornings focused on Yoga Sūtra Study and Planning Āsana Practices and our afternoons will be spent around Planning Prāṇāyāma Practices and Observation & Adaptation of Āsana.

We will immerse ourselves in the teachings of T Krishnamacharya on the viniyoga of Yoga as well as his study of Haṭha and Rāja texts drawn from my 23 years of study in Personal Lessons with TKV Desikachar.