



Three Tools in the viniyoga of Yoga Āsana - Sūtra - Āyurveda

Practice – Psychology - Lifestyle

Four Days of Yoga Teaching on Practice & Study

January 11th - 14th 2017 with Paul Harvey

Theme 1. Teaching Āsana as a Personal Practice

Theme 2. Learning Sūtra as a Psychological Practice

Theme 3. Exploring Āyurveda as a Lifestyle Practice

Our time together will explore the relationship of the above three themes in the viniyoga or personal application of Yoga to individual situations within 121 teaching relationships.

We will spend our mornings focused around the Study of Chapter One of the Yoga Sūtra and Teaching Āsana Practices for different students within 121 situations.

Our afternoons will again focus on Teaching Āsana Practice within 121 situations and Exploring Āyurveda as a Lifestyle.

We will immerse ourselves in the teachings of Krishnamacharya on the viniyoga of Yoga within 121 situations, as well as his understanding of Haṭha, Rāja and Āyurveda from my 23 years of study with Desikachar.