



Three Tools in the viniyoga of Yoga

Āsana - Sūtra - Cikitsā

Practice - Inquiry - Therapy

Four Days of Training in Yoga Practice & Study

January 10th-13th 2018 with Paul Harvey

Theme 1. Teaching Intermediate Āsana

Theme 2. Exploring Yoga Sūtra as a Spiritual Inquiry

Theme 3. Applying Yoga for Cikitsā Conditions

Our time together will explore the above three themes from a viniyoga perspective and its application to Yoga teaching within a variety of situations for a variety of students.

We will spend our mornings focused around the Study of the Yoga Sūtra as a Spiritual Inquiry and Teaching Intermediate Āsana within a range of situations.

Our afternoons will again focus on Teaching Āsana Practice within 121 situations and Exploring Yoga as Cikitsā.

We will immerse ourselves in the teachings of T 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 TKV Desikachar.