



## A Two Day Yoga Intensive January 10th and 11th 2020 in Israel with Paul Harvey

### The Art of Haṭha Energetics

Vitalize your Energy Understanding

Nāḍī Prāṇa Agni Cakra Bhūta

Through practice, presentation, study and discussion we will explore the role and purpose of Haṭha Yoga drawing on traditional and contemporary Yoga teachings and practices.

- Unpacking Primary Haṭha concepts such as:

Prāṇa, Apāna, Amṛtam, Candra, Sūrya, Agni, Mūla, Mala, Tridoṣa, Dvadasa Nāḍī, Kuṇḍalinī, Avidyā, Ṣat Cakra, Bhūta

- Exploring how the primary concepts are linked
- Learning skills from Haṭha Yoga to refine our Practice
- Linking the concepts of Haṭha Yoga to refine our Teaching

This teaching will be linked to the energetic principles underpinning Haṭha Yoga and Āyurveda and how they can be applied in terms of recovery, support or developmental roles for the students starting point, potential and goals.

The two days will suit Teachers and Students interested in how Haṭha Yoga theory and practice can be applied within 121 and group teaching situations whilst still integrating the deeper potentials of Rāja Yoga theory and practice into both the student's short term and longer term needs and goals.

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.