



The Art of Gītā Scripture – Module One

The Art of Gītā Scripture Module One Workshop offers two days study and practice on the core principles of the Bhagavad Gītā.

February 6/7th 2016 February 4/5th 2017

The Art of Gītā Scripture - Module One Workshop Aims:

The Art of Gītā Scripture Personal Sādhana Workshop is limited to a group size of around four students to allow for a personalised approach and in-depth transmission between teacher and student.

It is presented with the aim of reflecting the fundamentals of Śrī T Krishnamacharya's teaching, namely, transmission occurs through the direct experience of the teacher with the students personal Yoga practice and study Sādhana.

It introduces the student to a weekend workshop on the primary principles and teachings from T Krishnamacharya and TKV Desikachar on the Gītā and how they inspire and inform our personal Yoga Sādhana.

Complete in itself, it offers an opportunity for a student from any Yoga background or style to experience an in-depth introduction to the Bhagavad Gītā, either for personal development or professional skills. As well as being a sound overview of the context and theme of each of the eighteen chapters of the Gītā, it is also a prerequisite to further work through the Art of Gītā Scripture Module Two Personal Sādhana Course.

To support the teaching we will be using the Gītārtha Saṃgraha of Śrī Yāmunācārya. This is an important commentary on the Gītā which very succinctly summarises each of its eighteen chapters into eighteen verses. As such it will be an invaluable support for the study of the Bhagavad Gītā.

The Art of Gītā Scripture - Module One Workshop Framework:

To present a view of the Bhagavad Gītā through which students can deepen their appreciation of the possibilities for the Gītā in their lives.

It reflects the teachings of TKV Desikachar and his teacher T Krishnamacharya as taught to Paul Harvey over 25 years through:

- Guidance in emphasising a personal study to support your life.
- Understanding the principles that are inspired by Yoga teachings.
- An overview of primary Gītā concepts around body and mind.
- Familiarisation with basic Gītā terms and practice techniques.
- Deepening the reflective aspects of our practice with the Gītā.

The Art of Gītā Scripture - Module One Workshop totals 10 hours:

- Exploring some key concepts that underpin this Teaching.
- How the eighteen chapters are linked.
- What are the key concepts in each.
- Which chapters are most important.
- Why we need a view such as the Bhagavad Gītā.
- Learning to look from the Bhagavad Gītā at our relationships.
- Linking the Bhagavad Gītā to the ebb and flow of daily life.

The Art of Gītā Scripture - Module One Workshop details:

Workshop Prerequisites:

A minimum of one year's attendance at a group class, or 10 individual lessons with any Yoga teacher or approach.

Workshop Venue and timings:

The workshop will be based in Nailsworth, Glos with Saturday from 10.30am-6.00pm and Sunday from 9.00am-4.30pm.

Workshop Weekend Fees and booking:

£190 for the 2016 and £200 for 2017 workshops including vegetarian lunches, refreshments, snacks, all tuition and a 60 page colour manual.

The full fee is payable to Paul Harvey on booking and sent to Paul at Byways, Walkley Wood, Nailsworth, Glos GL6 0RZ. All places are subject to confirmation. All Fees are non-returnable and non-transferable. In the case of Workshops not running a full refund will be offered.