



The Art of Haṭha Energetics – Module One

The Art of Haṭha Energetics Module One Workshops offer two days study and practice on the core principles of Haṭha Yoga Sādhana.

March 28/29th 2015 & March 12/13th 2016

The Art of Haṭha Energetics - Module One Workshop Aims:

The Art of Haṭha Energetics 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 major Haṭha Yoga texts and how they inspire and inform our personal Yoga Sādhana.

The Art of Haṭha Energetics - Module One Workshop Framework:

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

- Guidance in integrating the primary Haṭha concepts as a support.
- Understanding the principles which shape Haṭha Yoga Sādhana.
- An overview of important Haṭha teachings around body & mind.
- Familiarisation with basic Haṭha terms and practice techniques.

- Appreciating how your body can utilize Haṭha techniques.
- Deepening our work with and importance of Haṭha concepts such as Prāṇa-Apāna, Mūla-Mala, Candra-Avidyā, Sūrya-Agni and Ṣat Cakra in Yoga practice.

The Art of Haṭha Energetics - Module One Workshop totals 10 hours:

- Why we need a view such as Haṭha.
- Exploring key themes that underpin the major Haṭha Yoga texts.
- Unpacking Key Haṭha concepts such as: • Prāṇa • Apāna • Amṛtam • Candra • Sūrya • Agni • Mūla • Mala • Tridoṣa • Dvadasa Nādi • Kuṇḍalinī • Avidyā • Ṣat Cakra.
- Which concepts are most important.
- How the key concepts are linked.
- Learning to look through Haṭha at our relationship with others.
- Linking the concepts of Haṭha to the ebb and flow of daily life.
- Practical skills from Haṭha Yoga to refine personal Yoga Sādhana.
- Linking to concepts of Haṭha to develop our understanding of Yoga.

The Art of Haṭha Energetics - 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:

£180 for the 2015 and £190 for 2016 workshops including vegetarian lunches, refreshments, snacks, all tuition and a 20 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.