



## The Art of Sāṃkhya Philosophy – Module One

**The Art of Sāṃkhya Philosophy Module One Workshops offer two days study on the core principles of the Sāṃkhya view of the World.**

March 21/22nd 2015 & February 27/28th 2016

### **The Art of Sāṃkhya Philosophy - Module One Workshop Aims:**

The Art of Sāṃkhya Philosophy 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 is intended for those students from any background or style who wish to explore further the teachings to develop and deepen their personal Yoga Sādhana. It is also a prerequisite to further work in the Sāṃkhya Philosophy Module Two Course.

It introduces the student to a weekend workshop on the primary principles and teachings from T Krishnamacharya and TKV Desikachar on the Sāṃkhya Kārikā and how it inspires our personal Yoga Sādhana.

The role of this Course is not to train students as Yoga teachers although the Sāṃkhya Philosophy Study Course will obviously enhance any Yoga teacher's skills in the area of Yoga Psychology and Yoga Therapy.

### **The Art of Sāṃkhya Philosophy - Module One Framework:**

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

- Guidance in emphasising a reflective study for our inner life.

- Understanding the principles that shape Sāṃkhya philosophy.
- Learning Sāṃkhya concepts around body, mind and awareness.
- The influence of Sāṃkhya on Yoga, Buddhism and Āyurveda.
- Familiarisation with basic Sāṃkhya terms and processes.
- Deepening the reflective aspects of our study through Sāṃkhya.

### **The Art of Sāṃkhya Philosophy - Module One topics total 10 hours:**

- Appreciating the unique world view of Sāṃkhya.
- Exploring the key concepts that underpin this Teaching.
- Linking the teachings of Yoga, Buddhism, Āyurveda with Sāṃkhya.
- What are the key goals in its primary text the Sāṃkhya Kārikā.
- Which concepts are most important for personal study.
- Why we need a world view such as Sāṃkhya.
- Looking from the Sāṃkhya Kārikā at our relationship with the world.
- Linking the Sāṃkhya Kārikā to the ebb and flow of daily life.

### **The Art of Sāṃkhya Philosophy - 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 30 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.