



Yoga Bharati

(SF Bay Area Chapter, CA)

<http://www.yogabharati.org>

Patanjali Yoga Sutras

- A comprehensive study

By

Swami Bodhananda Saraswati

World-renowned Spiritual Teacher of Yoga, Vedanta and Meditation

<http://www.sambodh.com/>

- Interested in learning the essence of Yoga Philosophy?
- Want to learn the most definitive, authoritative and ancient yoga text available?
- Like to familiarize with the building blocks of the science of Yoga?
- Like to know the tricks of the human mind and a way out of it?

About the Yoga Sutras

Ancient sage Patanjali has codified the vast yogic science into 195 Aphorisms (Sutras) that spans 4 chapters. Text is authentic, most authoritative, exhaustive, definitive and profound, that is targeted solely for self-unfoldment.

Lecture series is in English, assisted by slides and handouts. Sanskrit sutras will be used as reference. Questions are welcome, during the voyage of re-discovering the Self. Swamiji is an enlightened luminary and a supreme authority in various Indian philosophies.

Target Audience

- All those who are interested in understanding Yoga philosophy, in-depth.
- Yoga Practitioners, Yoga Teachers, Medical and Wellness Professionals.
- Academicians in the Yogic Sciences and related disciplines.

Workshop Details

Most relevant portions of the 4 chapters will be dealt within given time. In-depth study, including concepts of Ashtanga Yoga and Kriya Yoga will be discussed.

Venue: Tri-City Therapy, 2805 Whipple Road, Union City, CA 94587
(Right off of I-880 at Whipple Road exit)

Dates: Session 1 – July 23rd Friday 7:30pm to 9 pm **FREE**
Session 2 – July 24th Saturday 8 am to 4 pm
Session 3 – July 25th Sunday 8 am to 4 pm

Donation: **\$50** for both days (**\$40** for YICC folks) OR **\$30** for each day

Registration: Email rsvp@yogabharati.org (Registration is absolutely necessary)

Contacts: Sampath sampath@yogabharati.org 408-244-9119
Geetha g_swamy@pacbell.net 650-327-7526