

Yoga Sutra Study

Module 1-Yoga Sutra of Patanjali: sAdhana pAda

February 20th to 23rd 2020

Gurgaon, Haryana



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With Raghu Ananthanarayanan, as per the teachings of Sri. Krishnamacarya



Introduction



The Yoga Sutra of Patanjali are the basis of yoga and they are a delightful confluence of philosophy and practice. The insights into human processes that are contained in the Yoga Sutra are fascinating. These texts are not meant to be studied academically as a moral compass or rules of human thought and behavior, but rather as a mirror that helps us see ourselves better and guide our practice. Learning to self-reflect through the lens of the Yoga Sutra empowers a journey of self-discovery, enabling a growth towards being able to live with more *sukha*, and less *duHkha* in our lives.

The central ideas of yoga like *dhyAna*, *prANAyAma*, *avidyA*, and *samAdhi*, have influenced an entire body of inner exploration of our sages. They say that each sutra can be practiced for an entire lifetime and would continue to unfold new meaning to a practitioner. In fact, there is no area of spiritual *sAdhana* that is not influenced by the essential principles of yoga. This timeless text has been an extraordinary guidepost for seekers over millennia and is full of wisdom that is urgently needed in our quest for a more humane and compassionate way of life in times that are fast-changing and increasingly transactional.

The Study Process

The course involves studying each sutra word-by-word combined with some self-reflective work. The intention of the course is to engage with the sutra, see how one can apply it to one's own life and discover their own meaning making process. It will be therefore be a combination of both academic study and experiential sessions.

The course consists of four modules and in each module, we will study one chapter from the text.

Who Can Do This Course?

This course would be valuable to:

- *Yoga Teachers of all traditions*, looking to do an in-depth study and deepen their practice and journey
- *Yoga Practitioners of all traditions*, seeking personal growth and taking the next step in their practice and understanding of yoga
- *Seekers* interested in beginning an exploration of the philosophy and practice of yoga

Facilitator



Raghu Ananthanarayanan, has worked extensively in the field of Yoga and behavioral sciences. He studied the yoga sutra from Sri T.Krishnamacarya and Sri. T.K.V.Desikachar and has integrated it with his experience and understanding of process-work, traditional Indian texts, and itihAsa-purANA. He has successfully developed an approach to individual and group processes based on a creative convergence of the traditional and the modern.

sAdhana pAda

This is the study of Chapter 2. We begin with this chapter because it is, as the name suggests, the chapter that talks about the aspect of the practice of yoga in daily life and is perhaps the most relevant of the 4 chapters to us householders in this world.

We will be studying the remaining chapters as per the following schedule:

Chapter 1- September 2020

Chapter 3- February 2021

Chapter 4- September 2021

Details of the Chapter 2 Study

Dates: Feb 20-23, 2020

Timings: 8am-5:30pm

Location: Nirvana Country, Gurugram

Fee for each module: Rs. 15,000 + 18% GST

For registration, further information and questions, you may contact Kavitha Elango (9958760000, kavithaelango89@gmail.com) or Apoorva Jalan (9866773900, apoorva@inbreath.in).