



*INNER WORK
THROUGH YOGA*

*AN EXPLORATION OF THE SELF THROUGH
THE YOGA SUTRA OF PATANJALI*

Every Wednesday starting April 3rd 2019



Introduction

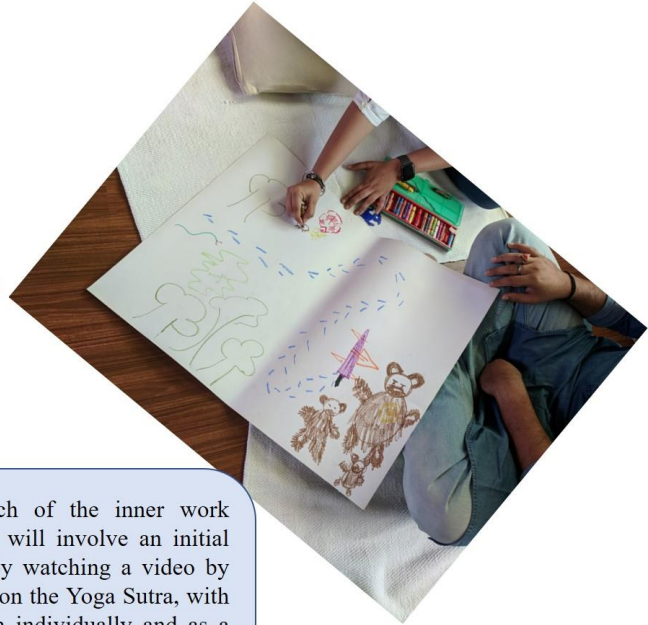
The Yoga Sutra of Patanjali are the basis of yoga and they are a delightful confluence of philosophy and practice. The central ideas of yoga like *dhyAna*, *prANAyAma*, *avidyA*, *samAdhi* etc, have influenced the entire body of inner exploration of our sages. In addition to the vedic tradition, these ideas find a place in the Buddhist, Jain and Shakta traditions. 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. The insights into human processes that are contained in the Yoga Sutra, the Sankya Karika, the Upanishads and the Gita are fascinating. Individual processes and dynamics of group interaction can be understood based on these insights if these are used as a mirror to reflect on to oneself, instead of trying to “understand and comprehend” these texts

Of the 192 sutra, about 180 speak about the mind, how one perceives reality, how one distorts it, how one suffers due to the inaccurate perception of reality, how one relates to one's world and to other people

The Yoga Sutra offers many paths to follow that takes one from the current troubled ways of making meaning and choosing action i.e., a state of duHkha, to a more lucid and accurate way of discerning 'what is' i.e. a state of viveka



The course involves engaging with the Yoga Sutra in a self-reflective manner and seeing how it applies to one's own life and choices being made. It is not intended to be an academic or didactic teaching of the sutra, but a dialogic facilitation of self-driven learning in the light of the wisdom the text offers.



Spread across 35 weeks, each of the inner work through yoga (IWTY) session will involve an initial anchoring practice, followed by watching a video by Shri Raghu Ananthanarayanan on the Yoga Sutra, with some reflective exercises, both individually and as a group, after the video. Each participant is expected to complete their *Asana*, *prANAyAma* practice prior to the sessions on their own. The sessions will be facilitated by qualified Ritambhara facilitators

For whom

This course is open to anyone keen to explore themselves through the Yoga Sutra. Prior knowledge of the Yoga Sutra is not essential. Participants are expected to follow a regular practice of Asana and prANAyAma and lastly, they must be committed to inner work and are expected to be self-motivated in being regular with the course.



When

Wednesday evenings from 1930 hrs. to 2100 hrs. IST (Indian standard time), starting April 3rd, 2019 for 35 weeks.

Where

THROUGH WEB BASED VIDEO CONFERENCING PLATFORM; Anyone from across the globe can participate, subject to the suitability of the above timeslot. The video conferencing platform details would be shared with the participants in advance.

Essential requirements to join the session through the web platform

- A strong broadband connection to have video call is essential
- Join in only through a laptop/ desktop
- One needs to be in a calm, well-lit place which will not be disturbed during the session timings (any disturbance on the part of any of the participants will disturb the entire session)
- Since these sessions require a certain undisturbed presence, one is expected to be present through video only. In our experience, joining through only audio or joining through mobile device or joining in to a call from outside with audio muted etc does not allow for this presence, and is a disturbance to the group process. We would strongly recommend you not to register in this course if you don't have this infrastructure at your end; or not to log in to any of the sessions if the above conditions aren't available to you in a given week

Registration

Ritambhara ashram runs on donations. For further details and registrations please write to us at iwty@ritambhara.org.in

Further information

This is one of the modules in the Life Coaching Stream of the TAO Coach Certification by the TAO Leadership Academy. For more details, please contact -:
tao-la@totallyalignedorganization.com or visit <http://www.flametaoknoware.com/tao-leadership-academy>