

DHARMA MITTRA YOGA LIFE OF A YOGI TT

ADDITIONAL SCRIPTUAL WORKSHOPS WITH DR. EDWIN BRYANT



The Yoga Sutras of Patanjali

The Yoga Sutras of Patanjali is the classical ancient Indian treatise on the practice of Yoga. While Yoga conjures up images of bodily postures and stretches in popular western culture, this aspect of yoga, the asanas, is only the third limb of the eight limbs outlined in the Yoga Sutras -- and, indeed, Patanjali pays only passing attention to this aspect of the system. This seminar series will consist of a close reading of Patanjali's original text, focusing on the opening section of the work, wherein Yoga is defined and the state of samadhi, liberation, described, as well as on the eight limbs of yoga covered in the heart of the text, which outline the step by step methods for attaining this enlightened state. Attention will be paid to the pre-modern commentaries of the text, thus exposing students to the traditional understanding of the practice of classical Yoga and its goals. This program is a must for those wishing to teach Yoga. No to be missed.

Intro to Hindu Philosophy & Gita

This introduction will focus on the foundational philosophical texts of yoga and examine the underpinnings and essential principles of the classical schools of Hindu philosophy. We will navigate the belief systems that comprise Hinduism, beginning with their foundations in the Upanishads, the earliest mystico-philosophical tradition of India, and evolving into the Yoga Sutras, Vedanta Sutras, and the Bhagavad Gita. We will begin discussion on a basic understanding of the Bhagavad Gita, to continue the following day.

The Bhagavad Gita

The Bhagavad Gita is perhaps the most representative and certainly the most influential and popular text from the numerous and varied spiritual traditions of Hindu India. Spoken by Lord Krishna to Arjuna who is undergoing a moment of existential crisis, the text deals with the nature of the self, the world, ultimate reality, the purpose of human existence, and the spiritual paths that can be undertaken to accomplish this purpose. There are primarily four such paths, or yoga systems, featured in the text through which one can unite with the Divine: the path of self-knowledge, jnana yoga; the path of action in the world, karma yoga; the path of meditation, raja yoga; and the path of theistic devotion, bhakti yoga. This workshop will undertake a detailed discussion of these four yoga systems, with contextual references to the background of the text and to some of the major streams of Hindu thought in general.

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Dharma Mittra Yoga New York Center 297 Third Ave @ 23rd St. NYC NY 10010