

PY The Path of Yoga – Yoga provides an extraordinary framework for understanding all the wonders and turbulences of the universe and the creatures who inhabit it (including and especially us). This course organizes an enormous body of knowledge into a digestible structure designed to help you navigate your existence without being too overwhelmed or bogged down in esoterica. There are plenty of handouts to help you ponder the concepts and revelations on your own. This course is the perfect preparation for the Bhagavad Gita!

The Path of Yoga includes these chapters:

The Terrain: What is the world coming to? (tattvas & yugas: the manifest world and time).

The Traveler: Who do you think you are? (koshas & kleshas: the sheaths and the obstacles to living and experiencing your true Self).

The Baggage: We all have baggage. (karma & reincarnation).

The Guide: No one summits Everest without a sherpa. (the role of guru and devotee).

Saturday, 9:00AM-noon, 2/10 and Tuesdays, 9:00-11:00 am 2/13-3/6 (3/13 if needed).