



Open Sky Yoga *presents*

Indian Philosophy

Friday evening 6-8 pm

Patanjali 101

Saturday 12:30-6:30 *with a tea break*

Patanjali 102

Sunday 9:30-12:30, 2-4pm

Intro to the Bhagavat Gita

5 Arnold Park behind Zen Center

\$275

www.openskyyoga.com

yogawave@rochester.rr.com

seminar with **Edwin Bryant Ph.D.**

April 19-20-21, 2019

This seminar is part of the Open Sky Yoga 300h Advanced Teacher Training but we will accept few more teachers or advanced students.

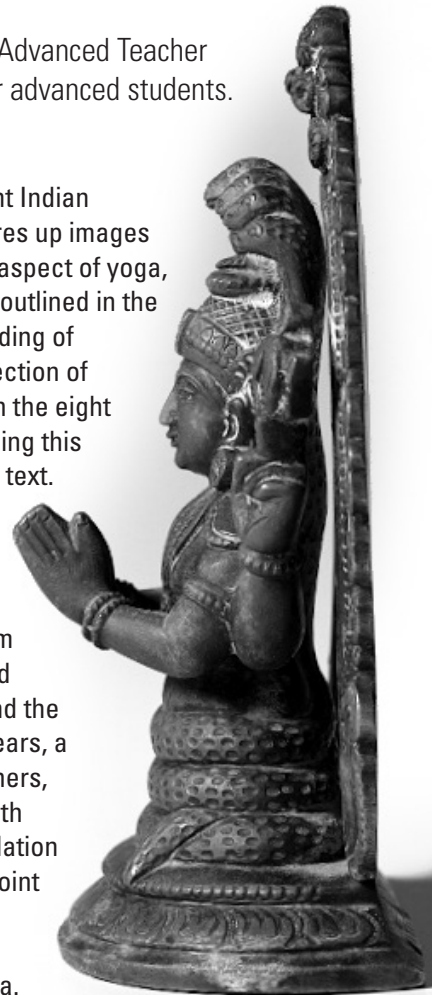
The Yoga Sutras of Patanjali

The Yoga Sutras of Patanjali is the classical ancient Indian treatise on the practice of Yoga. While Yoga conjures up images of bodily postures in popular western culture, this aspect of yoga, the asanas, is only the third limb of the eight limbs outlined in the Yoga Sutra. This seminar 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. Students are advised to bring any copy of the Sutras which has the Sanskrit text.



Edwin Bryant received his Ph.D in Indic languages and Cultures from Columbia University. He taught Hinduism at Harvard University and is presently the professor of Hinduism at Rutgers University. He has received numerous awards and fellowships, published eight books on Vedic history, yoga, and the Krishna tradition. As a personal practitioner of yoga for 40 years, a number of them spent in India studying with traditional teachers, Edwin strives to combine academic scholarship and rigor with sensitivity towards traditional knowledge systems. His translation of and commentary on the Yoga Sutras of Patanjali (North Point Press) is prefaced by B.K.S. Iyengar. His most recent work is a sequel to this by the same publisher entitled Bhakti Yoga: Tales and Teachings from the Bhagavata Purana.



Send your check or charge to: Open Sky Yoga Center, 7 Arnold Park, Rochester NY 14607

No refunds unless you find somebody to take your place.

Name _____

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Enclosed is my check for \$ _____, payable to Open Sky Yoga.