

Introduction to the

yogya sutras of patanjali



With Lynne Minton

July 26 9-12

\$35

Often referred to as the father of yoga, grammar and medicine, Patanjali was a brilliant Seer. His Yoga Sutras are the definitive treatise on yoga philosophy that transcends the passage of time in their applications to modern day psychology.

This three hour workshop will give you an overview of the four books of the yoga sutras and background on the Sage Patanjali who compiled them.



The 4 sutras that tell the whole story and how to chant them in Sanskrit



The two pillars of yoga and how to apply them everyday



The eight limbs of yoga and why they are still relevant



The outcome of practicing the eight limbs according to Patanjali



Lynne Minton - ERYT500

Yogananda says, "The true purpose of life is to realize one's Self as wisdom and bliss". Patanjali's yoga sutra book II, sutra 41 (Light on Yoga Sutras, BKS Iyengar translation) states, " When the body is cleansed, the mind purified and the senses controlled, joyful awareness needed to realize the inner Self, also comes."

My mission statement is to help myself and others to awaken joyful awareness through the practices of yoga; asanas that cleanse the body, pranayama that calms the mind, concentration that controls the senses, and meditation for realizing the Inner Self.

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