



Philosophy Series

The Origins of Yoga through traditional text

We will consider questions like: What is yoga? What is self? Self? What does immortality mean? What is to be learned that cannot be taught? What is the meaning of prana? What is vayu? Where does pranayama and asana come in? What do bhakti, karma and jnana yoga mean?

Yoga has its origins in India, in Hinduism. We will read from the Vedas, India's oldest and most revered texts; from the Upanisads, written from the end of the Vedas, giving new direction and bringing light to the Vedas; and the Bhagavad Gita, one of the most important yogic texts.

There are regular reading assignments. It is possible to do minimal reading or extensive reading, according to one's interest. Classes are interactive, with discussion and sharing thoughts and personal experience. A reading list is given for this course.

Philosophy means 'love of wisdom' and is not separate from 'practice'. If you are practicing yoga, bring some light with the study of philosophy. This course is suitable for those who practice yoga .

Dates: 2018: 13 October, 24 November, 15 December. 2019: 19 January, 2 February, 23 March, 13 April, 4 May.

Price: €275.-

Shirley Woods | Yoga Practice | Innerspace | Amsterdam

Elandsgracht 105 -1 hoog, 1016 TT shirley@yogapractice.nl www.yogapractice.nl