

Kai Yoga Arts presents
Patanjali's Yoga Sutras



Venue: Kai Yoga Arts Studio
Dates: Saturday, October 16, 2010 / 8:30am – 4:30pm
Sunday, October 17, 2010 / 2:00pm – 8:00pm
Fee: \$250.00
Instructor: Karen

“This begins our study of Raja Yoga, or Ashtanga (eight-limbed) Yoga. The Yoga Sutras as expounded by the sage Patanjali Maharishi comprise the first and foremost scripture of Yoga. It was Patanjali who carefully coordinated Yogic thought and explained it to his students. As he expounded these thoughts, his students jotted them down in a sort of shorthand using just a few words which came to be called the Sutras. The literal meaning of the word “sutra” is “thread”; and these Sutras are combinations of words threaded together. Within the space of these 195 short Sutras, the entire science of Yoga is clearly delineated; its aim, the necessary practices, the obstacles you may meet along the path, their removal, and precise descriptions of the results that will be obtained from such practices.”Sri Swami Satchidananda



“.....you cannot think of anything other than the past. The future is nothing but the past projected again – and both are not! The present is, but you are never in the present. This is what dreaming means. Yoga is the science to be in the here and now. Yoga means now you are ready not to move into the future. Yoga means you are ready now not to hope; not to jump ahead of your being. Yoga means to encounter the reality as it is.....” Osho