



YogaStudio 181

Stability Serenity Healing

Yogasutra study 2020

We have passed the winter equinox now and are approaching Matariki.

This is a time for acknowledging things within that have hindered us in the past year and for developing practices which clear the ground of our being for new growth.

In the spirit of Matariki I am offering a series of 5 Saturday afternoon workshops.

The theme will be the "**antaraya-s**", negative states of body and mind that become obstacles on our yoga path or journey through life. We'll consider what they are and how they are expressed, then explore how Patanjali suggests we might encourage the development of qualities which free us from their hold.

We'll start each workshop by chanting the pertinent sutras, then analyse them and discuss their meaning for us. To finish there will be a short meditative practice.

Dates: 25 July, 22 August, 19 September, 31 October, 28 November

Time: 1.30 - 3.30 pm

Cost: \$100 for all 5 workshops or \$25 casual

If you are interested in attending all or some of these workshops please let me know.

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