

## **Conviction in our practice – Śraddha Sūktam - 3 class course**

**Venue: Studio Vibration 108 Rue Lesbroussart, Ixelles 1050**

**Time: Tuesday mornings 11.00AM-12.30PM (26/2, 12/3, 19/3)**



The English language does not do justice to the word śraddha, the first of the four essential qualifications for the attainment of a high spiritual ideal - Samādhi. Śraddha is the firm conviction regarding the presence of Truth we seek within us and the efficacy of Yogic technique in enabling us to reach the goal.

Śraddha is the trust, the clarity of mind, when one sees things clearly, and one can understand which kind of endeavour best merits one's trust. This faith sustains like a benevolent mother, supports the yogī until the very end. It is the source of indomitable energy or will.

In the Vedic literature, śraddha is invoked and worshipped as if She is a Goddess. So we can awaken this conviction in our hearts and propel ourselves to our yogic goals.

I'm thrilled to offer this course, combining my personal study of the Yoga Sūtras of Patañjali and the recitation of the Vedas. In this 3 class course, we will study the śraddha Sūktam, a beautiful hymn to the Goddess of conviction, who will accompany us on our yogic journey.

This course is suitable for all levels and beginners are very welcome! This is an especially wonderful course for aspiring yogīs and yoginīs.

## Dates & Syllabus:

**26th Feb** - Śraddha in the Yoga Sūtras of Patañjali - The context for conviction. Mantras 1-4 of Śraddha Sūktam

**March 5th** - HOLIDAY (Carnaval)

**12th March** - Mantra 5-8 of Śraddha Sūktam & meaning

**19th March** - Mantra 9-12 of Śraddha Sūktam & meaning

(The course may extend to March 26th in case one of these dates needs to be rescheduled).

## Course fee: 70EUR

70EUR for full course including lifetime access to online support platform which will help you with recordings of the mantras for practice in between classes and for future reference and practice. The online platform will also have key words and meaning and all the Vedic phonetic rules you will need to remember for correct recitation.

If you wish to opt for an online-only study option, please contact me directly for the online registration process. Others who can attend the course in Brussels - Please register by following both points below:

1) Transfer the course fee to account number: ING Belgium: BE08 3630 6327 0413 with your name + comment "Shraddha 2019 course"

2) Email to SanskritBelgium@gmail.com with your registration request, name & phone number (so we have your email ID to contact you). If you need an invoice/receipt, please mention this in your email along with your details (Name, address, VAT number/ASBL number).

BTW/TVA #: BE 0833.200.801

More information about me:

[www.SanskritBelgium.com](http://www.SanskritBelgium.com)