

Yoga Sūtras - Sādhana Pāda (Jan-June 2019 course)

Module 1: Jan-March & Module 2: April-June

Venue: Studio Vibration 108 Rue Lesbroussart, Ixelles 1050

Time: Tuesday mornings 9.30AM-10.30AM



By the practice of yogic discipline or Sādhana, one is led towards spiritual illumination. A sādhanika is one who practices, applying his mind and intelligence with skill, dedication and devotion.

Sādhana Pāda, the 2nd chapter of Patañjali's Yoga Sūtras, carries the torch for both the spiritually evolved and the uninitiated. It teaches the complete beginner, who knows no yoga, how he may rise, through his Sādhana, to the level of high aspirants." - BKS Iyengar.

Join us for this course that will run from January to June on Tuesday mornings to learn the most practical chapter on Yoga - Sādhana Pāda, the art of practice. We explore these 55 sūtras or aphorisms through traditional call and response chanting, key concepts and teachings of the text through succinct explanations. Beginners are welcome to join, this chapter is in fact, a great place to start your study of the Yoga Sūtras.

All students will receive access to an online learning platform to support their study, with recordings of chanting, handouts and videos of the discussions and explanations. Therefore, if you miss a lesson or need to revisit, all the class material will be available to catch up.

If you wish to sign up for an online-only study due to the timings or your work commitments, contact me directly via email (SanskritBelgium@gmail.com) for the online registration option.

DATES & SYLLABUS:

Module 1

1. Jan 22nd – Kriyā Yoga – The purpose of Kriyā yoga; Chanting Sūtras 1-10
2. Jan 29th – Kleśa-s – Recognizing mental-emotional afflictions; Chanting Sūtras 5-15
3. Feb 5th – Overcoming Kleśa-s ; Chanting Sūtras 10-20
4. Feb 12th – Karma & its consequences; Chanting Sūtras 12-22
5. Feb 19th – The principle of Duḥkha (Suffering); Chanting Sūtras 15-25
6. Feb 26th – Characteristics of Draṣṭṛ (Seer) & Dṛśya (Seen); Chanting Sūtras 17-27

March 5th : holiday

7. March 12th – Draṣṭṛ & Dṛśya continued (Sāṅkhyā basics); Chanting Sūtras 20-30
8. March 19th – Viveka-Khyāti as the way to Kaivalya; Chanting Sūtras 25-35
9. March 26th – Aṣṭāṅga as the means to attain liberation; Chanting Sūtras 28-38

Easter Break

Module 2

10. April 23rd – Yamas & their universality; Chanting Sūtras 29-39
11. April 30th – Niyamas & Pratipakṣa Bhāvana; Chanting Sūtras 32-42
12. May 7th – Side benefits of Yamas; Chanting Sūtras 35-45
13. May 14th – Side benefits of Niyamas; Chanting Sūtras 40-50
14. May 21st – Āsana; Chanting Sūtras Chanting Sūtras 45-55
15. May 28th – Prāṇāyāma & Pratyahāra Chanting Sūtras 49-55
16. June 4th – Summary & Assignment information– Sādhana Pāda

Please note in case a class in Module 1 has to be rescheduled, the last class of Module 1 will take place on April 2nd. If a class in Module 2 has to be rescheduled, the last class of Module 2 will take place on June 11th.

Assignment and certificate

An optional assignment submission is available for those who would like to receive a certificate of completion for this course. All assignment submissions will take place online and by the end of July 2019.

Course fee:

Module 1 (Jan-March): 170EUR; Module 2: (April-June) 130 EUR Pay by March 20th

OR

Full course (Module 1+2): 270EUR

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 "Yoga Sutras Jan-June 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