

## YOGA SUTRA WORKSHOP

Thursday, September 28th 6:30-8:30pm @ Yoga In State College

### The Map to Freedom

Please join Lynn Theodose, RYT and dedicated teacher and student of the Patanjali Yoga Sutra, for an introduction to the definitive work on Yoga philosophy and psychology - a field guide for the journey to our most authentic selves.

This two-hour offering will begin with a discussion on Patanjali, the *Maharishi* who collected and systematized the teachings of yoga. Next we will take a wide overview of the text and talk a bit about Sanskrit, the ancient vibratory language in which it was written. Finally, we will study several specific sutras. We will learn to chant them in the original Sanskrit to unleash their power, delve into their translations, and explore how they are as relevant today as they were thousands of years ago. Specifically, we will discover the classic definition of yoga, the freedom derived from living on the path, and the bondage that results from refusing the call. We will also discuss the two-pronged approach prescribed for quieting the mind, and the 5 root thoughts that lead to suffering.

There is something here for both the seasoned yoga student and the absolute beginner. The Yoga Sutra are our clearest link to the original strands of the yogic teachings. Their timeless wisdom can help inform our practice and our lives, and deepen our connection to the chain of seekers who have walked the path before us.

Let the adventure begin! \$20 – or 2 class punches.  
Sign up at the Studio or call 610-780-9821