

Lecture Series on Yoga :: Winter/Spring 2017

Sundays 11:30 am – 1:00 pm

Drop in \$22
Full series \$188

February 26 – What is Yoga? The history of Yoga and an Intro to Sanskrit

March 5 – The 8 Limbs of Yoga and the Yamas & Niyamas

March 12 – Pranayama and Bandhas

March 19 – Meditation Practices & Philosophies

April 2 – Chakras: Coming Into Energy Alignment

April 9 – Yoga Sutras of Patanjali

April 23 – The Psychology of Yoga – Yoga As Therapy

April 30 – Kriyas, Ayurveda & Yogi Nutrition

May 7 – Healthy Boundaries & Compassionate Communication

May 14 – Hinduism, Dieties, & Avatars