



Patañjali's Yoga Sūtras

समाधिपाद Samādhi Pāda, with Jody

Starting Saturday September 10th 2022, 10.45 – 11.15, for 32 sessions

You are warmly invited to join this special course, which will focus on the first pāda (chapter) of Patañjali's Yoga Sūtras.

We will begin by looking at some basic sanskrit pronunciation, then week by week we will study each of the 51 sūtras in the 1st pada, which are describing the stages of the path to enlightenment, and the obstacles and hindrances along the way.

We will learn to chant each sūtra, in sanskrit, with the aim of being able to chant the entire 51, by heart at the end of the course. This requires you to practice in between our sessions so that each week you are familiar with all we have studied so far.

Chanting in Sanskrit is a beautiful practice, which brings in most, and particularly 2 of the 8 limbs of Yoga:

6) धारणा Dhāraṇā (concentration)

7) ध्यान Dhyāna (meditation)

It doesn't matter how 'good' your singing voice, this course is for anyone who has a desire to learn more about the philosophy of yoga and to deepen their practice.

Chanting in sanskrit can bring about profound feelings of inner peace and calm, with the knowledge that we are part of an ancient practice.

You will receive a manual that contains the 51 sūtras, each with the sanskrit, transliteration, translation and explanation. I will also send you recordings so you can practice comfortably at home between sessions, ideally for a few minutes every day.

These classes will take place at Wealden House, East Grinstead, you can also join via zoom if you prefer, or even receive weekly recordings if this time doesn't work for you. They will run most Saturdays from September 10th, until we complete the 32 sessions. I will let you know the dates there will not be a class.

The cost of this course is £300, or earlybird price of £260 if full payment is received by July 31st.

This includes tuition, a printed manual, recordings and a certificate upon completion.

To book your place or for more information please email me at jody@yogaakasha.co.uk

