

The Bhakti Yoga of Bhagavan Patanjali

A workshop presented by Steve Brandon, IYN Yoga Elder

Shekinashram, Glastonbury

24th & 25th November 2012



*Vedas speak of yoga in many ways,
ashtanga yoga is the best among them,
which compassionate Patanjali
expounded through his sutras.
Patanjali glorifies the all knowing,
free from defects
Giver of both gain and deliverance.*

Dhyanamalika Sloka 6-7, Sri T Krishnamacharya

Patanjali's Yoga Sutras is regarded by many as the heart of Yoga and Bhakti Yoga is at the heart of the Sutras. Isvara Pranidhana, devotion to the Lord, is mentioned three times in the Sutras at the various stages of practice, Kriya Yoga, Ashtanga Yoga and Samadhi Yoga.

Using the Sutras as a guide, we will explore Patanjali's guidance on the evolution of Bhakti Yoga through these stages. Patanjali, while focusing on Bhakti, includes Karma Yoga and Jnana Yoga to bring body, mind and heart together so that all aspects of our being participate fully in the spiritual quest (sadhana).

The weekend will include ethics, lifestyle, asana, pranayama, pratyahara, meditation, mantra japa, mantra dhyanam and chanting in an integrated approach to Yoga.

You may attend the workshop weekend as a day student or arrange accommodation at the Ashram.

Bhagavan Patanjali

Patanjali means to fall to prayers. Pat = fall, anjali = prayer.

The ancient story goes that suffering devotees prayed to the Lord for help to overcome their pains from imperfections in body, speech and mind. Lord Vishnu instructed Adisesa, the cosmic serpent and couch of the Lord, to descend as Patanjali to answer the prayers. He was born to a devout woman and taught Ayurveda, grammar and Yoga to assist humanity. The Yoga Sutras is his great discourse on Yoga, predating Buddhism and Christianity.

Steve Brandon

Steve is a student of Srivatsa Ramaswami, the Indian Yoga Master and lifetime disciple of Sri T. Krishnamacharya. Steve has studied and practiced Yoga under the guidance of senior students of Krishnamacharya for twelve years. For a number of years he has also been a student of the American institute of Vedic Studies directed by Vamadeva Shastri (Dr David Frawley). He is Director of Harmony Yoga Academy, sharing the teachings of the tradition in the UK.

Workshop Times.

Saturday 25th November. 9.30am–1pm Lunch 2.30 – 5pm Break 6.30pm – 9.30pm

Sunday 26th November. 9.30am–1pm Lunch 2.30 – 4pm

Fees

£30 booking fee to cover venue hire and costs.

£16 for lunch Saturday and Sunday.

Dana (donation) will be invited for the teacher at the conclusion of the workshop.

Weekend workshop is limited to 10 participants.



For further information and to book:

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