

# Yoga Sutra: Light on Self-Mastery - A ParaYoga® Master Training and 5-Day Intensive Tempe, Arizona



## SOME TOPICS WE COVER INCLUDE:

- ◆ The Effect of Correct Practice and its Aim
- ◆ Refinement of the Practices Outlined in the Sutras
- ◆ The Constituent Parts and Nature of Mind
- ◆ The Causes of Suffering and the Means to Reduce Them
- ◆ Pranayama and the Mind
- ◆ Patanjali's Teaching on the Three Paths of Yoga (Mild, Medium and Intense)
- ◆ The Role of Faith in Affecting Practice
- ◆ Practices for Self-Reflection and Self-Inquiry
- ◆ The Different Aims of Particular Approaches to Meditation
- ◆ The Tantra of the Yoga Sutras
- ◆ Mysticism and Spirituality: Beyond the Psychology of the Yoga Sutras

## Recommended Reading:

- ◆ FOUR CHAPTERS ON FREEDOM by Swami Satyananda Saraswati

**Wed, April 15, 2009 to Sun, April 19, 2009**

*Man's supreme potential* unfolds in the state of Yoga. Yoga is the revelation of perfect clarity, limitless intelligence, lasting peace, and freedom in action. Yoga practice – culminating in the heights of wisdom and compassion – can be defined as those processes that enable us to become what in our heart of hearts we aspire to be. Written in 200 B.C., Patanjali's Yoga Sutra is the singular text that illumines the path of Yoga more clearly and systematically than anything before or after.

*The transcendent wisdom* of the Sutras integrates the sciences of awakening body, mind, breath, soul, spirit, and creator. The word 'Sutra' means "thread." The text is called the Yoga Sutra because it threads together all the diverse teachings of Yoga into a single body of knowledge. While the Sutras are intended to be practical, its scope and precision requires the guidance of the highest kind of teacher to reveal its subtle and hidden power. Study of the Sutras accelerates the journey of personal growth as it deepens understanding of the Divine potential of Yoga and life. By illuminating the practices, challenges, purpose and potential of Yoga as a spiritual journey, the Sutras map the path to realizing life's most precious treasures.

*This five-day practice* and Teacher Training Intensive is open to all interested students. Designed to enrich dedicated practitioners, aspiring teachers, or those already teaching, the training consists of two parts: Open Morning Practices and Afternoon Training Sessions.

*Morning practices 8:30 - 11:30*  
Open to all dedicated practitioners (participation in the training is not required). These 3-hour practices, led

by Rod, are devoted to unfolding a particular teaching of the Yoga Sutras. Emphasizing direct experience, these sessions survey the most relevant and powerful themes of the Sutras by weaving together dynamic Asana, Vinyasa, Pranayama, and meditation practices.

### *Afternoon Training sessions 1:30-5:30*

Open to all interested students – teachers and non-teachers alike) deepen our exploration through lectures, additional practices, and Q & A sessions. Our focus is to outline Yoga's path toward self-mastery, and how Yoga can, if properly understood and practiced, remove those things that keep us from experiencing our highest aspirations. As a whole, the Training aims to exalt teachers and non-teachers alike by providing a vision to see oneself and one's practice (and/or one's students' practice) with sublime understanding, compassion, and crystal-like clarity.

### **COST:**

\$695 for entire 5-day training (\$650 if paid before 3/16/09)  
\$100 non-refundable deposit due upon registration  
\$225 for all 5-morning sessions OR  
\$50 for individual morning classes

Any remaining balance is due 3/30/09

### **LOCATION:**

Southwest Institute of Healing Arts  
1100 E. Apache Blvd. Tempe, Arizona  
85281

### **REGISTRATION:**

Visit [www.parayoga.com](http://www.parayoga.com) or contact  
Mary Bruce at 602-432-7663