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Yoga Sutra of Patanjali

Course Status Not Yet Available

Course Code YGPX816.0181333

Description The Yoga Sutra of Patanjali is perhaps the seminal work on the meaning and purpose of Yoga. The study of this text is not simply an academic curiosity, but a vital means of deepening our self-understanding and transforming our consciousness. In this seminar, we will explore essential teaching from all four chapters through not only lecture and dialogue, but also through integrated practices using asana, pranayama, chanting and meditation.

Schedule: Class will meet the first Sunday of every month, for one year.

Required Text: Christopher Key Chapple, *Yoga and the Luminous: Patanjali's Spiritual Path to Freedom* (State University of New York Press, 2009).

Session Spring 2010

Days Su

Dates 1/03/10 - 6/06/10

Times 7:00 PM-9:00PM

of Classes 12

Teacher Chapple, Ph.D., Christopher

Teacher Bio **Christopher Key Chapple**, Ph.D. is Doshi Professor of Indic and Comparative Theology at Loyola Marymount University. He is author and editor of several books, including the 2008 Gandhi Award Winner, *Yoga and the Luminous: Patanjali's Spiritual Path to Freedom*.

Format Classroom

**Credit(s)
Earned** 2

Location/Map Link YogaGlo Studio, 1800 Berkeley St., Santa Monica, CA 90404

Fee(s)

Tuition \$ 380

Total Fees \$ 380