

FREE and OPEN FOR ALL

YOGA SUTRAS REVIEW

ORIGINAL TRANSLATION AND DISCUSSION with **Dr. Rajan Narayanan**

Integrative understanding of different approaches to Yoga and the final goal

BEGINS AS DAILY 15-minute DISCOURSE FROM NOVEMBER 17, 2020

8:30 to 8:45 pm Eastern USA Time: [Click here](#) to Register and receive daily link for participation.

This link is for the daily west coast yoga that goes from 8:30 to 10 pm Eastern USA time which is 5:30 to 7 pm in Pacific Time. You can choose to participate in the whole session OR only for the Yoga Sutras.

For further information: please contact Anuradha Goyal at agliy.phx@gmail.com

Yoga Sutras, authored by the sage Patanjali, is a guide for the seeker who wants to understand the nature of existence and the meaning of life, and be able to experience it directly instead of simply believing what others say.

It is divided into 4 chapters consisting of a total of 196 sutras.

For Yoga Sutras text for referral, [Click here](#):

We are a charitable non-profit organization. Generous donations from our patrons helps us support those who lack the financial means to access the benefits of yoga.

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PURPOSE OF LIFE IN
THE YOGA SUTRAS

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