

Book Reading & Discussion

Explore the true understanding of Yoga through discussion with peers and Book author

Every Wednesdays | 8 - 9:15p EST

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Yoga Concepts for Global Application

A textbook for those seeking deeper understanding of Yoga

Discussion topic for each session -

1. What is Yoga, its roots and its application (Ch:1-3)
2. Mechanism of Yoga & its application(Ch:5-7)
3. Power of Breath 1 (Ch:8-9,12)
4. Power of Breath 2 (Ch:10-11,13-15)
5. Hatha Yoga(Ch:16-21)
6. Tantra 1(Ch:22-24)
7. Tantra 2 & Highest Realization of Yoga(Ch:25-27)
8. Meditation(Ch:28-30)
9. Group Consciousness, Bhakti Yoga and non-religious practices (Ch:31-34)
10. Health, Environment, Teaching Yoga (Ch:35-36, 4, 37-38)
11. Final Discussion

- **When:** Every Wednesdays
March 19 to May 28, 2025
8 - 9:15p Eastern USA time
- **Where:** Online (via Zoom)

Why Join?

- ✓ Deepen your understanding of Yoga.
- ✓ Engage with thought-provoking chapters from a classic text.
- ✓ Participate in interactive discussions with peers and experts.
- ✓ Optional preparation for the Patanjali Fundamentals CYAI Certification Exam in June 2025.

Click here to Register !

FREE SESSIONS - Open to All