

Iyengar Yoga Haarlem

Satsang with Swami Ma Tripurashakti Bharati, Friday 24 April, 19:00 – 21:00

Tonight, we will experience how you can add different aspects of Yoga, that in the first place may look like mere philosophy, to your already existing practice. This will deepen your practice of asanas, relaxation, pranayama and meditation.

First we will discuss several aspects of Yoga philosophy like gunas, avidya, manas, ahamkara, buddhi and karma, so that you can understand these concepts better. With a short practice session we will immediately put these concepts into practice to bring them to life., so that you will have personal experiences with these aspects of Yoga en you can start to really recognize, understand and apply them. In this way your whole life can become a life of meditation. A life in which every movement becomes an asana. A life in which every moment becomes a conscious moment in which you gradually expand to CONSTANT AWARENESS! Karma, Jnana, Bhakti, Raja and Hatha Yoga work together as life aspects of one Yoga that together lead to a state of Yoga, Union, Self-realization... a state of LOVE, JOY and FREEDOM!

Donations gratefully accepted for this gathering

