

School of Yogic  
Studies



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## Yoga's Holistic Approach to the Human System

Friday, August 13<sup>th</sup> 6:00-9:00PM



### Chase Bossart,

M.A., E-RYT, is a long time student of Mr. TKV Desikachar and a certified KHYF Yoga Teacher Trainer ([www.khyf.net](http://www.khyf.net)).

Over the past 17 years, he has lived in Chennai, India studying at the Krishnamacharya Yoga Mandiram for a total of almost 4 years.

As a Senior Teacher at the not-for-profit Healing Yoga Foundation ([www.HealingYoga.org](http://www.HealingYoga.org)) in San Francisco, he sees private yoga therapy clients and trains yoga teachers. He is also a faculty member of the Loyal Marymount University Yoga Therapy Rx Program, and travels frequently around the US teaching workshops on a variety of yoga related topics.

Chase's academic training was in Religious Studies at UC Santa Barbara where he specialized in Indian Philosophy and wrote his thesis on Patanjali's Yogasutra.

Yoga is a holistic practice originating from an ancient body of Indian knowledge.

Over the past 2000+ years, Yoga's development has been firmly rooted in anatomical models strikingly different from our Western ones. These Indian anatomies not only describe Yoga's understanding of how the human system functions, but also explain how and why the various Yoga tools work on the human system. Essentially, they are maps guiding the practice and application of Yoga, and they are essential to understanding how different Yoga techniques produce specific physical, mental and emotional effects.

In this experiential workshop we will explore 5 dimensional model of body, breath, mind, personality, emotions and spirit presented in the taittiriya upanisad.

**All levels are welcome. Class will include asana, breathing and meditative practices along with lecture.**

### General Admission

\$45 paid in advance  
\$55 at the door

### Yoga Sutra Teacher Training Alumni / Yoga Teachers

\$30 in advance or at the door  
(pre-registration is recommended)