

Yoga's Approach to Meditation

A School of Yogic Studies Event

Friday, October 22nd 6:00-9:00 pm

About the Workshop

Though yoga has become known in the West for its physical practices and resulting effects on the body, the traditional focus of yoga is actually the mind and its effects on our mental state.

The real power of yoga lies in its ability to change our state of mind distracted to focused and from confused to clear. In many ways the practice of yoga is very much a science of meditation.

This experiential workshop will examine the practice of meditation from the perspective of yoga as presented in Patanjali's Yogasutra.

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

Chase Bossart,

M.A., E-RYT, is a longtime student of Mr. TKV Desikachar and a Certified KHYF Yoga Teacher Trainer (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) 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.



General Admission

\$45 in advance

\$55 at the door

Yoga Teachers

\$30

Membership Discount (10%) applies!

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Advanced registration is strongly advised.

