

# The Yoga Sutras of Patanjali

A Four-Session Introduction  
*with Will Mead*



Saturday, 1:00-2:30pm....May 6, 2017 / \$30 fee

Approximately 2,000 years ago Master Pantanjali wrote the “Yoga Sutras”. This text is the foundation and root of modern day yoga as we know it in the West. A sutra is a pithy aphorism describing an aspect of a line of thought. The sutras together describe a step-by-step practice guide taking the student from where they are now (wherever that is) to arriving at the ultimate goals of yoga.

Over 4 classes Will Mead will give an introductory course on The Yoga Sutras of Master Patanjali. The course will include an overview of the Sutras. We will cover key sutras that describe the goals of yoga, a very practical outline of the progression a meditator can expect as they practice. We will have a review of Ashtanga (the 8 limbs) of yoga as Master Patanjali describes it. We will focus on how the sutras are applicable, practical and meaningful for our lives.



**Will Mead** has been a practitioner, student and teacher of Yoga, Meditation and Eastern Philosophy for 15 years. In 2011 he completed a six-year course of study in advanced Buddhist and yogic practice and thought at Diamond Mountain University in southeastern Arizona. His expertise is in taking the ancient teachings of India and Tibet and making them pertinent and practical in our modern western, non-monastic context. Will is also a contributing instructor to Sun Dog Yoga’s Anatomy of Ashtanga Yoga Teacher Trainings.



## Sign up today!

Sign up at the front desk or go to the Workshop page online at:

**Sundogyogastudio.com**

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