BHAGAVAD GITA

KARMA YOGA

ASTANGA KARMA YOGA
according to
BHAGAVAD GITA

yoga vaidya śāla

TWO DAYS WEBINAR

24/10/2020 & 25/10/2020

16.30 to 20.00 hrs (Indian Standard Time)

BY

Dr. N. CHANDRASEKARAN , MBBS,

Founder - Yoga Vaidya Śāla

Pranams to Masters

ASTANGA KARMA YOGA according to *BHAGAVAD GITA*

- The one Scripture that captivates the inquisitive minds of all ardent practitioners from every part of the world for more than 5000 years is ***Bhagavad Gīta.***
- It instructs mainly three yoga-s, ***Karma yoga, Jñāna Yoga and Bhakti Yoga.***
- Of these three, Karma yoga is the preparation as well as the foundation for the other two Yoga-s.
- Without proper mastery of karma yoga, practice of the other two Yoga-s are not possible.
- The most often quoted Truth '**to do the work, you have the right; but not to the fruits thereof**' forms the crux of the Karma yoga.
- The entire contents of the Karma Yoga are presented in this webinar as **eight progressive steps.**
- These steps are easy to comprehend and memorise, simple to meditate and connect with our life activities and guide the practitioners to progress towards the mastery of Karma Yoga.

ASTANGA KARMA YOGA according to *BHAGAVAD GITA*

Yoga Practitioners, Teachers and Therapists,

We welcome you to,

Immense into the Soul finding the teachings of Bhagavad Gita.

Clarify all your doubts regarding the nuances of Karma principles.

Strengthen your clarity on the principles of practice of karma Truth as expounded by our great masters.

Registration details:

1. **Name**
2. **Country of residence**
3. **Email address**
4. **Payment details**

   (statement from bank)

For further details contact

drncyvs@gmail.com

Tuition fee: 60 euros/ seminar

Mode of payment: PayPal email id – ***siddharthan1007@gmail.com***

With,

Dr. N. CHANDRASEKARAN , MBBS, Founder - Yoga Vaidya Śāla.

one of the world's most experienced yoga therapist, a western medical doctor, an international Yoga teacher and Therapist trainer and author.