



THE THREE PATHS OF YOGA SUTRA *(tri-mārgāni iti)*

FEBRUARY 17 TO 21, 2020
CHENNAI, INDIA

* The Three paths of Yoga sutra

- * Yoga sūtra gives three paths to travel before the practitioner comes face to face with the True SELF.
- * The starting place may differ from individual to individual. But, everyone has to tread all these three paths. There is no choice.
- * Each path gradually merges with the other and the third path ensures the practitioner to reach the penultimate stage. Human efforts end with this third path. Then, something happens; as even a drop of water becomes one with the ocean.
- * Most of the practitioners and teachers identify yoga with Aṣṭāṅga Yoga only. This aṣṭāṅga yoga is but the first and the preparatory path leading to yoga.
- * So, everyone should have complete and comprehensive understanding of all three paths as explained in yoga sūtra. Then only our efforts will fructify. What is the use of jumping a ravine or a well by 99.9% ?
- * Yoga Sutra says that every path has to be crossed over. Never stop with one part or one path.
- * Efforts being the same, the ultimate achievement depends on our complete understanding and our attitude towards the goal.
- * To firmly establish in the goal, one has to imbibe the text completely and comprehensively.

* This seminar focuses on

- * An overall view of the text.
- * Complete and concise discussion on all three paths as given in Yoga Sutra.
- * Obstacles on the way to Yoga.
- * Principles and practices that guide our progression in Yoga.
- * Yoga Sutra Chanting.
- * Calling all Yoga practitioners, Teachers and Therapists
- * Make use of this opportunity to
- * Refresh your understanding
- * Clarify all your doubts and
- * Strengthen your clarity on Yoga Sutra



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.

*Venue and fee details

VENUE: VR Home, #7, 2nd Street,
Dr.Radhakrishnan Salai,
Mylapore, Chennai 600 004

Course fee includes single or twin shared accommodation at the venue, breakfast, tea/coffee, lunch and dinner. Apart from traditional South and North Indian food, menu will include a choice of fresh fruits.

For clarifications and further information, please write to drncyvs@gmail.com.