

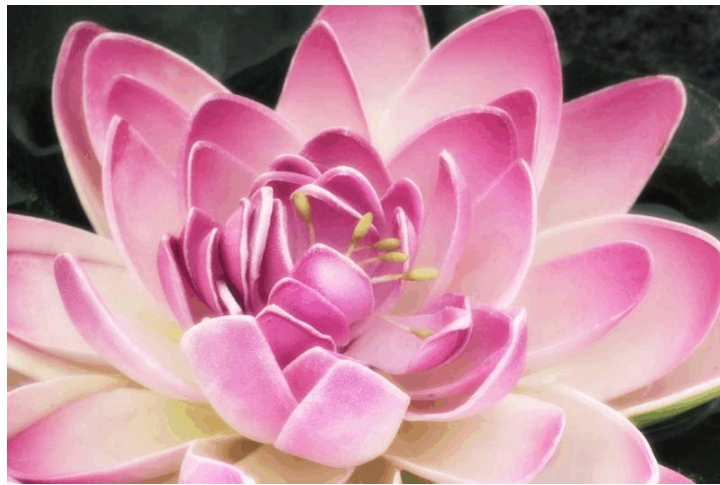


Mindful Turtle Yoga & Wellness

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INTRODUCTION TO THE YOGA SUTRAS

A Workshop Series with Danielle Tarantola



Without a broader understanding of the philosophical cornerstones of yoga, the deep and profound practice of yoga dead-ends at downward facing dog. The quintessential yoga text, Yoga Sutras of Patanjali, is a practical manual for living life to our fullest potential and understanding what hinders us from doing just that.

In this course, learn pearls of wisdom from the first and second chapters of this ancient text, including pre-requisites of yoga, the definition of yoga, the results of yoga, the means to reach a state of yoga, the obstacles we'll encounter on this path, and some solutions to pacify a disturbed mind.

Danielle Tarantola, director of The Yoga Foundation, is a teacher certified by the Krishnamacharya Healing and Yoga Foundation. She also trains teachers and offers Yoga Therapy. Through continued, extensive training in India and across the United States with the Desikachar family, she labors to ensure that yoga's profound wisdom comes through clearly, simply, and with total relevancy for our modern times and conditions.

Mondays from 6:15pm to 7:30pm
November 16th through December 21st
\$150 (includes all 6 workshop dates)