



Yoga for Humanity



Experience and explore three key ideas in Patanjali's Yoga Sutras in a self-reflective and personal context.



Hariprasad Varma
Founder: Yogasala

Prerna Ramanathan
Yoga Therapist (C-IAYT)



24 June 2023
8 AM - 10.30 AM

INR 2500



www.yogasala.org
hari@yogasala.org



Shoonya Centre for Art & Somatic Practices
37, Lal Bagh Main Road, Bengaluru.

+91-9966900337





yōgaśāla

Yoga for Humanity



tapaH svAdhyAya IsvarapraNidhAnAni kriyAyogaH

तपःस्वाध्यायेश्वरप्रणिधानानि क्रियायोगः ॥ १ ॥

Yogaśāla invites you to a specially curated Yoga exploration on the occasion of the International Day of Yoga 2023. In this workshop, we will be exploring this year's theme 'Yoga for Humanity' through three key ideas in Patanjali's Yoga Sutras, viz.,

- **tapaH** - to ripen or that which ripens through heat.
- **svAdhyAya** - to study or reflect.
- **IsvarapraNidhAna** - to surrender to the ultimate Intelligence.

What does it mean to bring alive these ideas in one's daily living?

How does one learn to engage the intensity of one's inner drama meaningfully (tapaH)?

How does one discover a closer relationship with oneself in this process?

If these questions speak to you, we invite you for this experiential session exploring these ideas through a blend of Asana-prANAyAma, interactive theatre, reflective arts, and contemplative dialogues.



Shoonya Centre for Art & Somatic Practices
37, Lal Bagh Main Road, Bengaluru.



24 June 2023
8 AM - 10.30 AM

INR 2500





Yoga for Humanity



Facilitators

"Yoga for me, is not just a practice but also a way of life to remain in joy." - Prerna Ramanathan



Prerna is an ardent practitioner of yoga and an Internationally Certified Yoga Therapist (C-IAYT). Trained in the tradition of Sri T Krishnamacharya - Desikachar, she conducts personalised, one-to-one sessions, and, co-create goals for each student's physical and emotional needs. She focuses on doing research and creating practices that focus on regulating the nervous system, improve gut-brain connection and cope with stress. Bringing people's awareness to their innate power of healing gives Prerna immense joy and satisfaction.

"Yoga for me, is the path and the practice to enable an inner transformation to be the best I can be." - Hariprasad Varma

Hari is an Internationally Certified Yoga Therapist (IAYT) and founder of Yogaśāla. He is specialised in designing one-to-one personalised yoga practices to individuals and goal oriented practices for groups. Over the past 7 years, he has curated numerous retreats and workshops blending yoga, inner work, interactive theatre and arts. He is passionate about creating self-reflective and deeply transformative journeys for individuals through innovative applications of Yoga practices.



Shoonya Centre for Art & Somatic Practices
37, Lal Bagh Main Road, Bengaluru.



24 June 2023
8 AM - 10.30 AM

INR 2500





Yoga for Humanity



Register Now!

Sign up @ <https://atha.yogasala.org/f/iyd2023>

Workshop Fee: INR 2500

Payment Options:

1. Scan QR Code
2. Pay to UPI ID: yogicoach@icici



P.S: We will have a maximum of only 12 participants for this workshop.



Shoonya Centre for Art & Somatic Practices
37, Lal Bagh Main Road, Bengaluru.



24 June 2023
8 AM - 10.30 AM

INR 2500

