

Yoga Sutra Exploration



Explore key ideas from Patanjali's Yoga Sutras through experiential and contemplative practices.

Discover Yoga Sutras as a mirror for self-exploration.

Facilitator: Hariprasad Varma

Hari is a leadership coach, facilitator, and yoga therapist in the Sri T Krishnamacharya - Desikachar tradition. He is the founder of Yogaśāla & Zensei Leadership Pvt. Ltd.



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Themes

8 Jul - Understanding Sorrow

6 Aug - Perception & Personal Reality

3 Sep - Svādhyāya & Svabhāva



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