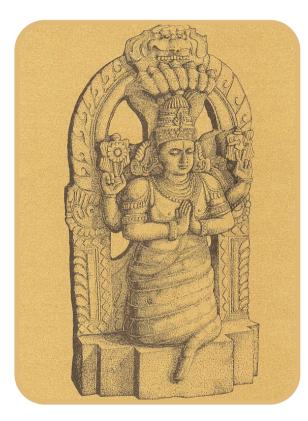


## Yoga Sutra Exploration





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

Discover Yoga Sutras as a mirror for selfexploration.

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.





Venue: One Design Studio, Bandra, Mumbai. Dates: 8 July - 6 August - 3 September 2023 Time: 10 AM - 4.30 PM



# Yoga Sutra Exploration



#### Themes

- 8 Jul Understanding Sorrow
- 6 Aug Perception & Personal Reality
- 3 Sep Svādhyāya & Svabhāva



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