

YOGA MYTHOLOGY WORKSHOP: DEEPENING YOUR UNDERSTANDING SEPTEMBER 6 & 7

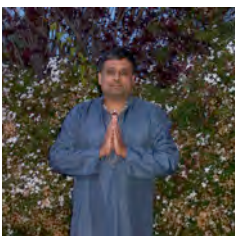


**September 6 & 7, Saturday and
Sunday 9:00 to 12:00 and 2:00 to 5:00
Workshop Price: \$175.00 for two days
or \$60.00 per session.**

In This Unique Workshop:

Manoj will bring in statues and relate the symbolisms of Hindu and Buddhist deities to archetypes within us. Discover how these ancient teachings have practical relevance to your life in today's society, bringing peace of mind as well as uncovering our underlying common spirit. Learn about the history of Yoga, Vedanta and Tantra. The deepest understanding of these symbolisms along with the non-dualistic teachings of Vedanta inspire us in this journey of Yogic Awakening. Living these teachings gradually leads us to a state of being Happy for no reason at all--a certain "lightness in being" to handle the ups and downs of our day-to-day lives.

- Philosophy, Stories, and Symbolism of Hindu and Buddhist Deities.
- Vedanta
- Meditation
- Comparison of Vedanta, Patanjali and Tantra Yoga
- Yoga History
- The Sutras



ABOUT MANOJ: Even though all this sounds pretty deep, Manoj doesn't take himself seriously and uses humor and everyday experiences in his workshops. Indian-born Manoj is a faculty member at Yoga Journal conferences. He is a scientist, having obtained his doctorate in Engineering from Cornell University. Manoj has compiled a book about Hindu/Buddhist Symbolisms and presents workshops on Symbolisms and Vedanta at retreats at John Friend's Anusara Yoga, Deepak Chopra, Sivananda Ashram Teacher Trainings and other Yoga studios.