

THE THREAD OF YOGA

Yoga-Sutra studies 2018

Although Patanjali did not invent yoga, he was the first yogi to compile its essential teachings.

His legacy, the *Yoga-Sutra*, is an extremely condensed text. It can seem dry or cryptic for most readers, so it helps to study it with a teacher who can explain the meaning and commentaries of each *sutra*.

The Program

- ✓ Review of the main themes in chapters I & II, suitable for beginners and for students who studied these chapters before
- ✓ Detailed study of chapter III: word-by-word meaning of each *sutra*, commentaries, reflections
- ✓ Chanting selected *sutra-s*

2018 Dates | 10 Classes

Jan 27 – Mar 24 – Apr 28 – May 19 – Jun 23
Aug 24 – Sep 22 – Oct 27 – Nov 24 – Dec 15

* Saturdays from 2 to 5 pm *

**CATCH UP ON MISSED SESSIONS WITH
THE RECORDINGS**

- * Each session is recorded and emailed to you *
- * Join the class live or on Skype *

The Teacher

Valerie Faneco has been studying and practicing yoga for 20 years in the tradition of T. Krishnamacharya. She was accredited as a Teacher Trainer by TKV Desikachar in 2007.

She has been studying and teaching the *Yoga-Sutra* for many years, and translated it in 2012.

Valerie also teaches Vedic chanting.

Investment

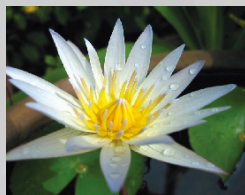
SGD 98.00 per session | pay as you go

SGD 882.00 | **Early Bird** | pay whole course before Jan 8th 2018 (-10%)

Where | Singapore | Bukit Timah area OR Skype

Contact <http://beinginyoga.com> +65-9830-3808

YA teachers
30 direct contact hours



Being in Yoga

