

Yoga Philosophy Group Study

with Robin Buck

January - March 2018, Wednesdays 4:00 – 5:15pm

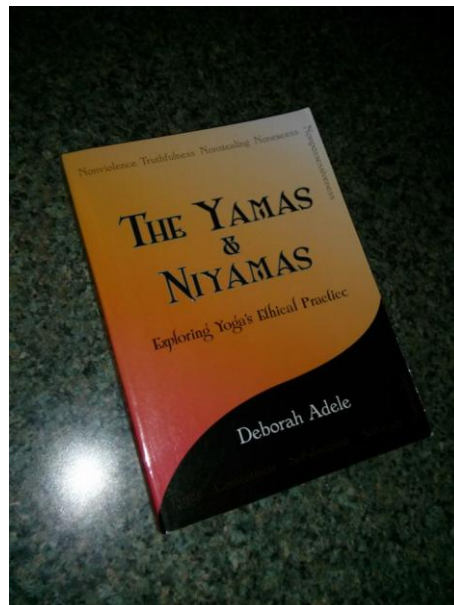
Love Offering or use your class card

One of the most frequently asked questions is “How can I learn more about the Philosophy of Yoga?” so here you are, “How about here at Jane’s House?”

The 8-limb path of Yoga is the foundation for the Yoga Teacher Training Program at Jane’s House, so “how” we teach offers the philosophy in a true experiential way. To expound upon this, I will cover a bit of the history and take you into a “living” experience of the Philosophy. For something to be understood it must be applied, each week we will take a piece of what we are covering and put it into a daily practice so that you can have a felt relationship to the teachings.

The first book we will use is

The Yamas and Niyamas by *Deborah Adele*



The Studio will have these to pass along at cost for the first 8 who wish to study with me. If you would like a copy, please let me know so that I can set one aside for you.