

The Yoga Space: Focus Classes

FOCUS ON THE SUTRAS

What is a *sutra*?

An aphorism, a few concise words which contain a vast meaning. A *sutra* is a “pearl” of wisdom.

What are Patanjali’s *Yoga Sutras*?

About 2,500 years ago Patanjali wrote 196 sutras, a “necklace of pearls” about all aspects of life from morality to self-realization. *“As individual drops of rain contribute to the formation of a lake, so each word contained in the sutras conveys a wealth of thought and experience.”* BKS Iyengar, Prologue to Light on the Yoga Sutras of Pantanjali.

What is Svadyaya?

Sva is self; *adhyaya* is study or education. *“When people meet for svadhyaya, the speaker and listener are of one mind and have mutual love and respect. There is no sermonizing and one heart speaks to another. ... The person practicing svadhyaya reads his own book of life, at the same time that he writes and revises it.”* BKS Iyengar, Introduction to Light on Yoga.

FOCUS CLASSES

The purpose of these workshops will be to explore one *sutra*. There are no prerequisites. Materials will be provided, but if you already have a favorite translation please bring it!

First, we will learn the English meanings of the Sanskrit words and speak or chant them. Then, we will compare several published translations. After that we will consider Questions for Discussion to think about the meaning of the *sutra* as it relates to you and your yoga practice. You may begin to create a translation of your own!

March 6, 1:00 - 2:00 PM; Sutra II.2

Please make a donation of your choice to Food Gatherers. Make checks out to the charity and mail to The Yoga Space or bring to class.



THE YOGA SPACE

180 Little Lake Dr #1

Ann Arbor, MI 48103

www.yogaspace.info



Please Print

Name _____ Phone _____

Address _____ Zip _____

Email _____

Class: March 6 (please make a donation of your choice to Food Gatherers) Total Enclosed: _____

Please make checks to Food Gatherers, mail registration to The Yoga Space, 180 Little Lake Dr #1, Ann Arbor, MI 48103

The Yoga Space: Focus Classes: *Sutra II.2*

MARCH 6, 1:00 - 2:00 PM

SUTRA II.2

Samadhi bhavanarthab klesa tanukaranarthasca

Samadhi absorption, profound meditation, meditative absorption

bhavana for bringing about

arthab contemplating with meaning and feeling, for the purpose of

klesa afflictions

tanukaranartba for the purpose of reducing, weakening, attenuating (reducing, tapering to a point)
tanu= weak; *karana*= making; *arthab*= for the purpose of

ca and, both, as well as

Translations

BKS Iyengar: The practice of yoga reduces afflictions and leads to *samadhi*.

Prashant Iyengar: This kriya yoga attenuates kleshas, weakens kleshas and actualizes samadhi.

Edwin Bryant: [This *yoga* of action] is for bringing about *samadhi* and for weakening the afflictions [to yoga].

Chip Hartranft: Its purposes are to disarm the causes of suffering and achieve integration.

C. Isherwood: Thus may we cultivate the power of concentration and remove the obstacles to enlightenment which cause all of our sufferings.

Purohit Swami: The aim is to attain illumination and to destroy afflictions.

Questions For Discussion

How do you know when you are disturbed?

How do you know when you are calm?

How has the practice of yoga increased or decreased suffering in your life?

How has the practice of yoga increased or decreased peace of mind in your life?

Do you remember your first experiences of yoga? What happened?

Choose a pose, which is familiar to you. What happens before, during and after practicing that pose?

Choose a pose you have learned recently in class. What happened before, during or after doing that pose?

Choose a pose which was very difficult and which has become easier. What happened?

Choose a pose which was very difficult and is still very difficult. What didn't happen?

Sally Rutzky has studied Iyengar Yoga for 32 years and has been certified at the Introductory Level by the BKS Iyengar Yoga Association of the United States. She has taught for 26 years and has studied at the Ramamani Iyengar Memorial Institute in Pune, India 7 times. In addition she has had the opportunity to study with BKS Iyengar 6 times and Geeta Iyengar 3 times.



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The Yoga Space * 180 Little Lake Dr #1 * Ann Arbor, MI * 48103 * www.yogaspacespace.info * 734-622-9600