

BHAGAVAD GITA – TAT TVAM ASI

IYISF  2017
CLASSES
IYENGAR YOGA INSTITUTE OF SAN FRANCISCO
IYISF.ORG | 415.753.0909 | 2201 SUTTER ST.

with RAMANAND PATEL

SATURDAY & SUNDAY
November 4th & 5th
2:00-6:00PM



You Are That, is considered the refined essence of the eighteen chapters of the Bhagavad Gita. First six chapter deal with "You" the individual jiva; the next six address the nature of "That", Isvara the Lord. The last six chapters clarify the equation.

On Saturday we will examine the various objections to this equation and the answers to these objections.

On Sunday we will look into the nature of the mind that is capable of assimilation of this equation.

MEMBER: \$180 NON-MEMBER: \$215

Ramanand Patel (www.yogirama.com) is an internationally recognized and respected yoga teacher who actively encourages both learning and sharing of ideas amongst his students and peers. He was introduced to yoga by his father when he was 12 and learned early on to embrace the practice with a childlike joyousness and delight. In 1968, he became a student of Guruji, Yogacharya Shri B.K.S. Iyengar, who profoundly influenced the strength, discipline, deepening, understanding, confidence and enthusiasm of his asana and pranayama practice. Then in 1994 Ramanand intensified his pursuit of truth and knowledge by studying Vedanta philosophy under H.H. Swami Dayananda Saraswati. He also considers J. Krishnamurti to be a major influence on his thinking.

IYANC MEMBERS SAVE ON WORKSHOPS, CLASS PASSES & RETAIL

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