

Yoga Studies

Winter Offerings 2010



Introduction to the Yoga Sutras with William

Four Saturdays, Jan. 23, Feb.13, March 6, and April 3:

Time: 1:30 – 5:00 p.m. Fee: \$150.00 for full series or \$40.00 per class

The Yoga Sutras of Patanjali is a philosophical classic. It expresses the truth of the human condition, succinctly shows us how the mind works, and is a practical teaching on how to end suffering. We will study each of the four chapters, one by one. The class will be both lecture and, hopefully, lively discussion. **Please get the text, *The Yoga Sutra of Patanjali: A New Translation and Commentary* by Chip Hartranft, Shambhala Classics, 2003.** Please read the entire book prior to the class.

The Upanishads with William

Saturday, Feb. 27.

Time: 1:30 – 5:00 p.m. Fee: \$45.00

The seminar will explore the ten principal Upanishads. The Upanishads are philosophical texts, some three thousand years old, that express the realization of the Vedic rishis. This realization is the nondualistic equation of atman (self) and Brahman, the ground of Being. The predominant school of Hindu philosophy, Shankara's Advaita Vedanta, has its source in the Upanishads. The wisdom of the Upanishads permeates all of Yogic practice, and is essential to understanding our practice. **Text: *Upanishads translated* by Eknath Eswaren**

INSTRUCTOR WILLIAM PROTTENGEIER: Founder and director of the Minneapolis Yoga Workshop, William is a certified Iyengar instructor and has been practicing Yoga since 1975 and teaching Yoga since 1979. William studied with Swami Veda Bharati (Pandit Usharbudh Arya) for 15 years. His teaching flows from the Hatha Yoga tradition of B.K.S. Iyengar, with Ramanand Patel as his primary teacher in the U.S. His other major influences are the Vipassana and Advaita Vedanta traditions. William's teaching weaves these traditions into the practice of asana. His teaching blends and balances concentration and precision in asana practice with mindfulness and compassion in daily living.

To register, please fill out the form below and send along with a check to the: Minneapolis Yoga Workshop, 2637 27th Avenue.South, Suite 207, Minneapolis, MN 55406 • For more information e-mail the Workshop at myogwork@mn.rr.com , call 612-253-5115 or visit our website a www.mpls yogaworkshop.com

Registration for Yoga Studies Programs

Name _____

Address _____ City _____ Zip _____

Phone (home) _____ (work) _____ Email _____

Workshop: Upanishads (\$ 45) Yoga Sutras (\$ 150-full series or \$ 40 per class) Enclosed \$ _____ Check # _____

B.K.S. Iyengar Yoga

Minneapolis Yoga Workshop

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