

Solaluna Presents:

The Yoga of Liberation:

Patañjali's Yoga Sutra In Theory & Experience

with Chip Hartranft

May 22-23, 2010

Times: Saturday: 10:00 AM-1:00 PM, 2:00-5:00 PM; Sunday: 9:00 AM- Noon

Cost: \$150



In this workshop, we'll explore the Indian classical yoga tradition. The path of yoga laid out by Patañjali in the ancient *Yoga Sutra* was mainly concerned with how to develop meditative tranquility and liberating insight. Only centuries later did yoga come to emphasize the practices we recognize today - pouring the energies of body and breath into postures that can range from soft to strenuous.

The 10th-century creators of this dynamic approach called it *hatha yoga* - meaning the yoga of "force" or energy" - to distinguish it from Patañjali's "royal" or *raja yoga*, the cultivation of *samadhi*.

Through talk and slideshow, as well as in the laboratory of our own body and consciousness, we'll explore Patañjali's radical path of yoga, toward the knowing free of any knower, and we will investigate the relationships between *raja* and *hatha yoga*.

Introduction

Connecting to the source: the heart of yoga, from doing to being

The Roots Of Yoga: An Audiovisual Journey

An illustrated survey of yoga's meditative beginnings and evolution, extending to the present and offering a new perspective on how we practice now.

Embodied Energy: Asana & Pranayama

A practice of yoking to body & breath, awakening to prana and what knows.

The Flowering Of Samadhi: An Audiovisual Journey

A step-by-step unfolding of Patañjali's roadmap, illuminating the timeless path to samadhi and liberation.

Awareness: Resting In What Knows

A practice of coalescing into presence, the tranquil space of simply knowing.

Integration

Connecting and nourishing the different kinds of understanding: reconciling what is known through the mind with what lies beyond it; how being might guide doing.

CHIP HARTRANFT's work bridges the traditions of yoga and Buddhism. He is the founding director of The Arlington Center, dedicated to uniting yoga and dharma practice, and has taught an integration of yoga movement & mindfulness meditation in the Boston area since 1978. Chip is the author of The Yoga-Sutra of Patañjali: a new translation with commentary (Shambhala) and the forthcoming How The Buddha Taught Meditation.



Solaluna
Center for Yoga &
Movement

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