

Bhagavad Gita and you

with James Boag

The Bhagavad Gita is a beautiful poem and a holy scripture, but it is also a highly practical text on yoga theory and its application in daily life. The second chapter contains the essence of Krishna's timeless teachings to Arjuna, teachings which are full of meaning and relevance for all seekers in all times and at all places. On the surface, even within a single chapter, the Gita can seem to be full of contradictions, but closer study of the text shows the deeper, subtler truths which can lead us to a clearer, fuller perspective which encompasses and draws together all these apparently paradoxical teachings.

During this 4-week, 8-class course, we will study and learn to recite in traditional metre the second chapter of this most amazing of texts which is often regarded as the very essence of the Vedas and the supreme guide to yoga practice.

Dates 24 & 25 April, 8 & 9 May, 15 & 16 May and 22 & 23 May 2009

Time: Fridays 18.30 - 20.30, Saturdays 10.00 - 13.00

Venues: Art of Movement, Salmovská 9, Praha 2, www.artofmovement.cz (Fridays) & Prague Yoga, Plavecká 12, Praha 2, www.pragueyoga.cz (Saturdays).

Price: CZK 2,500 for the entire course or CZK 300 per Friday session & CZK 400 per Saturday session.

Please register in advance. You are welcome to bring friends or come on your own. For booking, information and payment please e-mail yogaeventsprague@gmail.com.