

# Kirtan and Yoga Philosophy

with James Boag

On this course, each kirtan-based class will also include teaching developing a specific theme relating to the practice and philosophy of yoga. These teachings will sometimes refer to the Yoga Sutras and Bhagavad Gita and will include illustrative stories from the yoga tradition to bring the philosophy to life. These classes will include:

## **Ganesa - Lord of the Group**

In this class, we will consider the symbolism of Ganesa. The elephant headed god, lord of the hosts, son of Shiva and Parvati goes by many names. He is the ruler of the group, master of unification, the conquer of dualities, the remover of obstacles and much, much more. In traditional Vedic ceremonies, Ganesa is worshipped first. We will look at the reasons why at the same time as we consider how the symbolism of Ganesa relates to and can instruct and guide our yoga practice.

## **Mahamantra**

The Mahamantra, (the great mantra) to Rama and Krishna is regarded as one of the most powerful mantras to practice on the path to liberation at this time. During this kirtan-based class, we will understand why as we consider the stories of Rama and Krishna and how they relate to the path of a practising yogi.

## **Shiva and the yoga of positive destruction**

When people talk about the Hindu trinity in English, we often hear of Brahma the Creator, Vishnu the Preserver and Shiva the Destroyer. However, to talk of Shiva as the Destroyer casts him in a rather negative and misleading light. Shiva goes by many names and has many aspects, but when we consider these different aspects we will understand how they can all be seen as very fitting for the god who is known as the Yogeshvara, the Lord of Yoga.

## **Force of nature and the wheel of dharma**

In the Indian tradition, power, shakti, is seen as being feminine in nature. If we align ourselves with mother nature/mother divine, we can generate tremendous positive energy and transformative power.

Considering how the different aspects of mother divine relate to behaving in a dharmic or yogic manner, we will see how the different aspects of the divine mother are always ready to lend us a guiding and supporting hand.

Dates: 22 April, 29 April, 6 May, 13 May, 20 May and 27 May 2009

Time: 18.30 - 20.30

Venue: Art of Movement, Salmovská 9, Praha 2, [www.artofmovement.cz](http://www.artofmovement.cz)

Price: CZK 1,200 for the entire course or CZK 250 per 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](mailto:yogaeventsprague@gmail.com).