

4th Cornerstone of the

Yoga Sutra of Master Patanjali



plus a separate
comprehensive
review
of the entire
Yoga Sutra

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WITH LAMA SUMATI MARUT (VEN. BRIAN SMITH)

- An intense study of the 4th Chapter of the Yoga Sutra followed by a separate and comprehensive overview of the entire Yoga Sutra.
- The final goals of yoga and how to reach them.
- What ultimate reality is and how to use it to radically improve your life and the lives of others.
- What karma really is, and how to create seeds of happiness, health, love and wisdom in your life.
- How yoga works on the body/mind, plus inner body anatomy.

Lama Marut is President of the Board of Directors of the Yoga Studies Institute (YSI). He has taught in Los Angeles, New York, Santa Cruz, South Lake Tahoe, and the Yoga Philosophy Program at Marymount University in Los Angeles. Lama Marut is professor Emeritus of Religious Studies at the University of California, Riverside, and is the author of several books and translations based on Sanskrit.

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Thursday, Apr 6, 2006
7:30-9:30 pm

Friday-Saturday, Apr 7-9
1:00-3:00 pm
4:00-6:00 pm
7:30-9:30 pm

**Review course begins with 4:00 pm
class on Saturday, April 8**

Yoga Studies Institute is a nonprofit educational organization founded by Geshe Michael Roach and Christie McNally. YSI courses provide a solid foundation in the classical tradition of yoga.

A Presentation of



\$250 preregistered before Mar 1, 2006

\$275 after March 1 or \$30 per class drop-in. Students who successfully complete all coursework will receive a YSI Certificate of completion and 20 hour credit toward certification.

Review classes only (starts at 4:00pm, Sat. Apr. 8th): \$125 preregistered before March 31, \$150 after March 31; \$30 per class drop-in.

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