

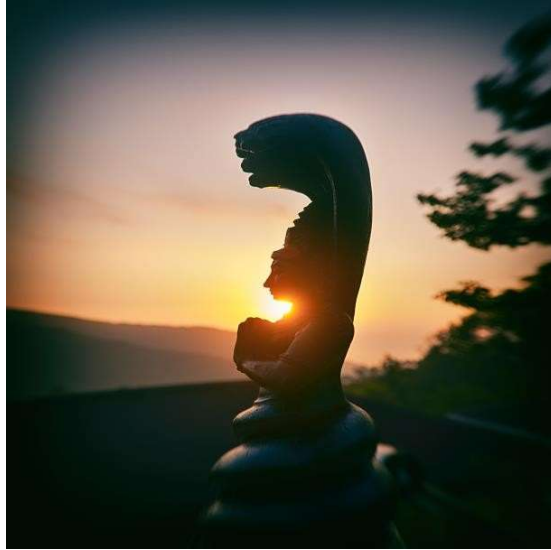


INNER WORK THROUGH YOGA

*AN EXPLORATION OF THE SELF THROUGH
THE YOGA SUTRA OF PATANJALI*

April 2020



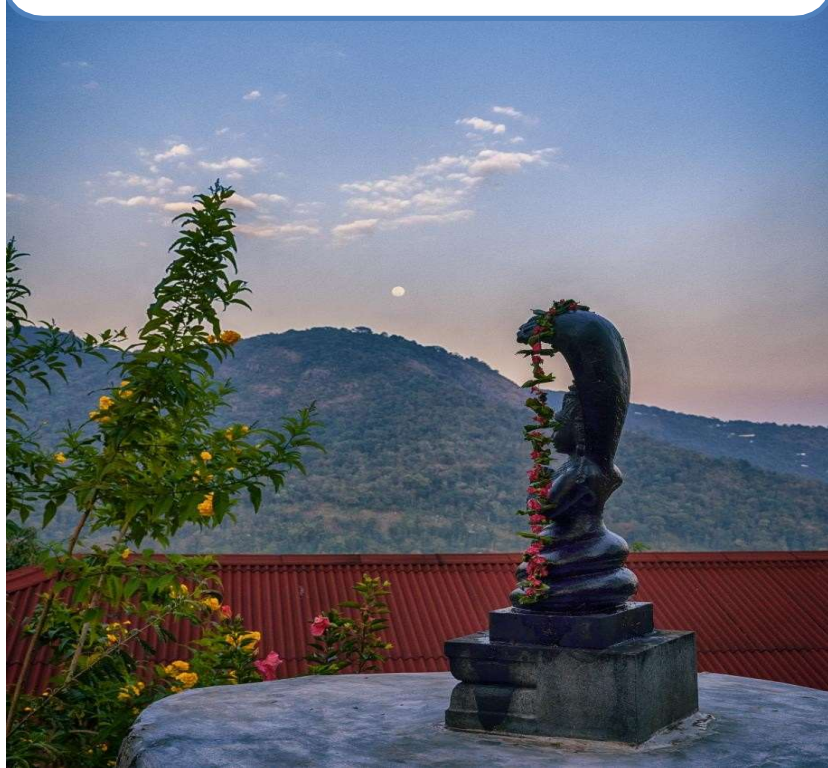


Introduction

The Yoga Sutra of Patanjali are the basis of yoga and they are a delightful confluence of philosophy and practice. The central ideas of yoga like *dhyAna*, *prANAyAma*, *avidyA*, *samAdhi* etc, have influenced the entire body of inner exploration of our sages. In addition to the vedic tradition, these ideas find a place in the Buddhist, Jain and Shakta traditions. In fact, there is no area of spiritual *sAdhanA* that is not influenced by the essential principles of yoga. This timeless text has been an extraordinary guidepost for seekers over millennia and is full of wisdom that is urgently needed in our quest for a more humane and compassionate way of life. The insights into human processes that are contained in the Yoga Sutra, the Sankya Karika, the Upanishads and the Gita are fascinating. Individual processes and dynamics of group interaction can be understood based on these insights if these are used as a mirror to reflect on to oneself, instead of trying to “understand and comprehend” these texts

Of the 195 sutra, about 165 speak about the mind, how one perceives reality, how one distorts it, how one suffers due to the inaccurate perception of reality, how one relates to one's world and to other people

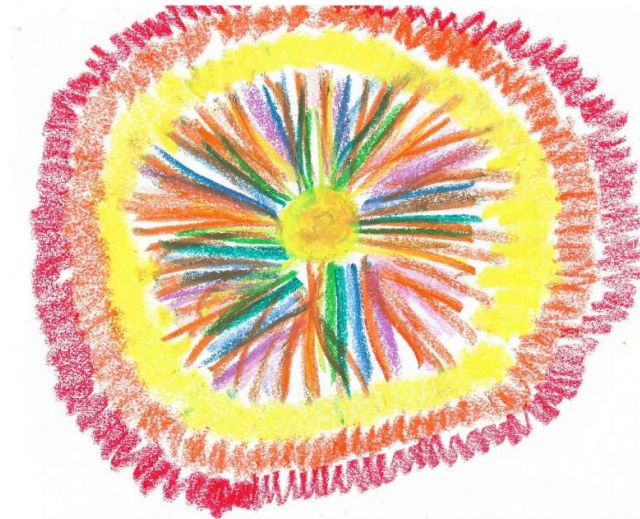
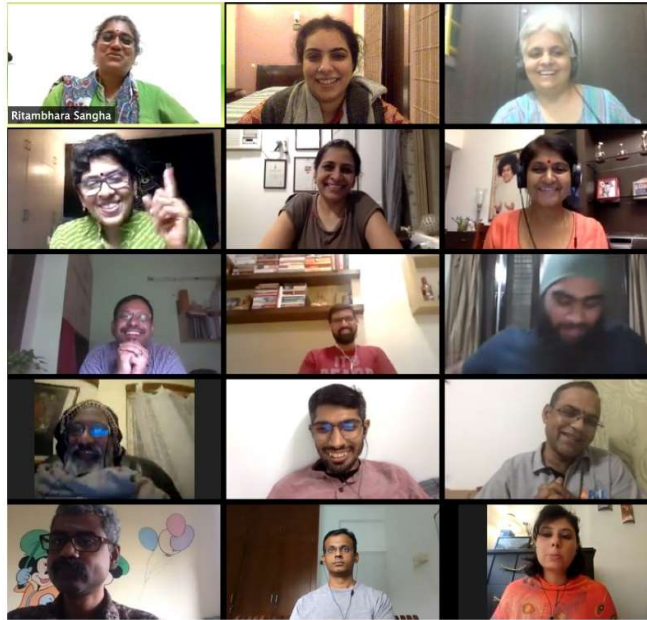
The Yoga Sutra offers many paths to follow that takes one from the current troubled ways of making meaning and choosing action i.e., a state of duHkha, to a more lucid and accurate way of discerning 'what is' i.e. a state of viveka



The Process

The course involves engaging with the Yoga Sutra in a self-reflective manner and seeing how it applies to one's own life and choices being made. It is not intended to be an academic or didactic teaching of the sutra, but a dialogic facilitation of self-driven learning in the light of the wisdom the text offers.

Spread across 40 weeks, each session would involve an initial anchoring practice, followed by watching a video by Shri Raghu Ananthanarayanan and some reflective exercises both individually and as a group. Each participant is expected to complete their Asana, pranayama practice prior to the sessions on their own. The sessions will be facilitated by qualified Ritambhara facilitators



For whom

This course is open to anyone keen to explore themselves through the Yoga Sutra. Prior knowledge of the Yoga Sutra is not essential. Participants are expected to follow a regular practice of Asana and prANAyAma and lastly, they must be committed to inner work and are expected to be self-motivated in being regular with the course.

When

A 2-hour call once a week for 40 weeks.

Where

THROUGH WEB BASED VIDEO CONFERENCING PLATFORM; anyone from across the globe can participate, subject to the suitability of the above timeslot. The video conferencing platform details would be shared with the participants in advance.

Essential requirements to join the session through the web platform

- A strong broadband connection to have video call is essential
- Join in only through a laptop/ desktop
- One needs to be in a calm, well-lit place which will not be disturbed during the session timings (any disturbance on the part of any of the participants will disturb the entire session)
- Since these sessions require a certain undisturbed presence, one is expected to be present through video only. in our experience, joining through only audio or joining through mobile device or joining in to a call from outside with audio muted etc does not allow for this presence, and is a disturbance to the group process. we would strongly recommend you not to register in this course if you don't have this infrastructure at your end; or not to log in to any of the sessions if the above conditions aren't available to you in a given week

Registration

Ritambhara ashram runs on donations. For further details and registrations please write to us at iwty@ritambhara.org.in

Further information

Ritambhara and **TAO Leadership Academy** are part of the same eco system that brings together yoga and mindfulness for personal growth and transformation for individuals and organisations.

While IWTY is a standalone program that can be done by anyone, it is also a part of the Life Coaching Stream offered by TAO Leadership Academy



TAO Leadership Academy integrates a practice of Yoga and mindfulness, bringing a profound capacity to respond to the demands of the contemporary context in an effective & novel manner.

The basic context of the coaching is placed in the framework of the Mahabharata Heroes, the Pandavas. The play of these archetypes and their shadows, as well as the contexts in which they encounter dilemmas of choice making and action are presented in ways that mirror our own lives. They provide a very useful lens through which we can introspect and discover ourselves.

Our offering is based on the belief that delving deeply into the Pandava archetypes and understanding the psychodramas they engender is an invaluable capability for a coach.

We have also developed a very powerful approach to individual and organisational assessment through the use of the Existential Universe Mapper (EUM). Authored by Ashok Malhotra and deployed in over a 100 organizations and thousands of individuals, the EUM is a well-researched lens through which one can gain insight into the organization, its sources and sinks of energy and potential areas of synergy.

Our coaching approach treats the individual as an integral unit. We work with the coachee at the level of inner propensities and potentials. Through the coaching, we endeavor to awaken the person's dreams, awaken their own inner wisdom, and enable them to work with it in a way that is mindful enabling them to "become the best one can be".

Read more about our offerings [here](#)

For more details, please contact:

tao-la@totallyalignedorganization.com or visit www.taoleadershipacademy.com