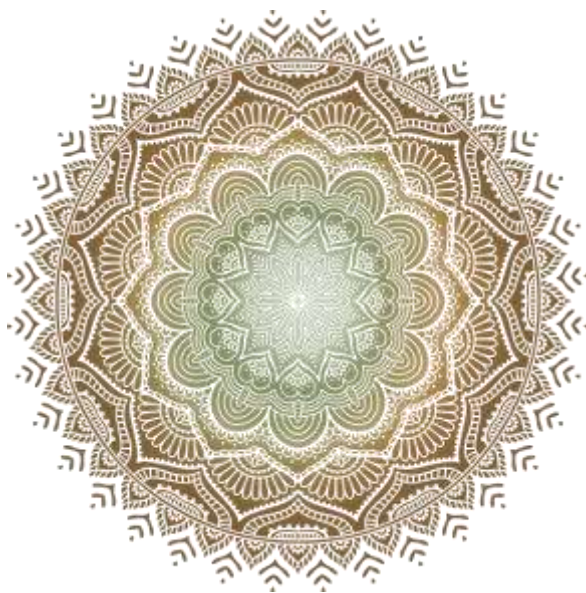


In Search of the Essence of Yoga



*A Course Exploring the
History of the Yoga Tradition*

with **Ben Major**

Sheffield Yoga School

South Road, Sheffield, S6 3TA

About the Course

This course takes us on a fascinating journey through 5000 years of history as we go in search of the origins and history of the yoga tradition.

It will comprise of a mixture of theory and practice.

Each workshop includes lectures & group discussions, asana (posture work), pranayama (breathing practices), meditation, chanting and other practices from the yoga tradition.

These workshops are designed for yoga practitioners and teachers who wish to gain greater clarity and deeper understanding of yoga history and the many and varied paths of yoga.

Workshop 1 : Exploring Pre-Patanjali Yoga

- Pre-Vedic and Early Vedic yoga? Examining the evidence
- Yoga in the *Upaniṣads* and *Mahābhārata*
- The Śramaṇa traditions of Jainism and Buddhism

Practices include : Chanting of Vedic Mantra (such as Gayatri and Mahamrityumjaya); Mahat Yoga Pranayama; Atma Vichara (Self-enquiry) Meditation

Workshop 2 : The Flourishing of Yoga

- The philosophy of Sāṅkhya
- The classical Yoga of Patanjali
- Influence of Advaita Vedanta

Practices include : Pranava (chanting of Aum, with a special focus on the three syllables); Nadi Shodhana Pranayama, Antar Mouna Meditation

Workshop 3 : Tantra, Hatha to Modern Yoga

- The origins and evolution of Tantra
- The arrival of Haṭha yoga and its links with Tantra
- The revival of Yoga in the modern period

Practices include : Chanting of Tantric mantras; Ujjayi Pranayama; Ajapa Japa Meditation

The Tutor : Dr Benjamin Major

Ben has completed a two year British Wheel of Yoga accredited teacher training course at *Mandala Yoga Ashram* in Wales, an internationally renowned centre of yogic knowledge. Here, Ben also received extensive training in the teaching of meditation and Yoga Nidra.

Ben has particular interest and knowledge in the history and philosophy of yoga and has been studying this area in depth for a number of years; he looks forward to sharing some of this knowledge and wisdom with you!

Ben teaches Yoga classes and runs *Mantra Groove* for Yoga Nature in Sheffield (www.yoganaturesheffield.org.uk)

Costs

The fee for this course is £95.00

To reserve a place, fill in the booking form overleaf and return it with either the full payment or a deposit of £50.00.

- ॐ Cheques are payable to '**SYS Courses**'
- ॐ Send to : 16 Robertson Drive, Sheffield. S6 5DY
- ॐ Contact us if you prefer to pay by bank transfer.

Details

- ॐ Course dates : 25th March 2018
29th April
20th May
- ॐ All days are Sundays, 10.00am – 4.00pm
- ॐ Venue : Sheffield Yoga School, South Rd, Sheffield. S35 8PR

BOOKING FORM

Name :

Address :

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Post code :

Telephone :

Email :

Deposit : £50.00 ☐ Full amount : £95.00 ☐

(Balance due before 18th February 2018)

Please return this form to :

Sheffield Yoga School
16 Robertson Drive,
Sheffield.
S6 5DY

For further details

- Email : info@sheffieldyogaschool.co.uk
- Tel : 0114 2338340

This leaflet can be down loaded from :

www.sheffieldyogaschool.co.uk