



Yoga Studies

at RiverGarden Yoga Center

with William Prottengeier

RiverGarden Yoga Center
 455 West 7th Street
 St. Paul, MN 55102
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 rivergardenyoga.com

A comprehensive series on the spiritual heritage of India.

Yoga is a rich and multifaceted tradition, with many streams of deep experience, all flowing from and toward the ocean of consciousness and freedom from suffering. This course covers the history of the evolution of yoga from the Vedas to the present day. It includes an in depth look at primary texts: the Upanishads, the Bhagavad Gita, and the Yoga Sutras, and the study of the Vedanta, Tantra and Hatha Yoga traditions. The course will guide you to a deeper understanding of the living traditions of Yoga philosophy and practice.

THE YOGA TRADITION

Saturday, Sept. 21, 1:30–3:30 p.m.

A survey class on the historical development of Yoga. It's main texts and schools of practice. The history of Yoga is a fascinating and sometimes confusing jumble of traditions. We will explore how the rich, spiritual traditions of India have evolved and influenced one another to become the forms of practice we do today.
 Drop-in | Session 1: \$35.00

UPANISHADS & VEDANTA

Two Saturdays, Sept. 28 & Oct. 5, 1:30–4:30 p.m.

The seminar will explore the ten principal Upanishads. The Upanishads are philosophical texts, some three thousand years old, which express the realization of the Vedic rishis. This realization is the non-dualistic equation of atman (self) and Brahman, the ground of Being. The predominant school of Hindu philosophy, Shankara's Advaita Vedanta, has its source in the Upanishads. The wisdom of the Upanishads permeates all of Yogic practice, and is essential to understanding our practice.
 Text: *Upanishads* translated by Eknath Eswaren. Please read before class.
 Drop-in Session 2: \$70.00

BHAGAVAD GITA

Saturday, Oct. 19, 1:30–4:30 p.m.

In this seminar we will study the Bhagavad Gita, India's most beloved spiritual text. It is a beautiful and heartfelt dialogue between Krishna and Arjuna, and teaches us the essence of the path of yoga in the world. Together with the Upanishads and the Yoga Sutras they comprise the foundation of the teachings on Yoga. Stephan Mitchell translation.
 Drop-in Session 3: \$35.00

INTRODUCTION TO THE YOGA SUTRAS

Three Saturdays, Oct. 26, Nov. 2 & Nov. 9, 1:30–4:30 p.m.

The Yoga Sutras of Patanjali is an essential Yoga text, a philosophical classic, as relevant today as when it was written 2000 years ago. It expresses the truth of the human condition, succinctly shows us how the minds works, and is a practical teaching on how to cultivate the mind and heart to end suffering. The classes will be both lecture and Q & A.

Text: *The Yoga Sutra of Patanjali: A New Translation and Commentary* by Chip Hartranft, Shambhala Classics, 2003. Read the entire book and then re-read the Samadhi Pada and Sadhana Pada prior to the first class.
 Drop-ins for Session 4: \$105.00

TANTRA & HATHA YOGA

Saturday, Nov. 16, 1:30–4:30 p.m.

Tantra has become a familiar but often misunderstood school of Yoga. Its teachings on kundalini, chakras, and subtle body energies form the basis of Hatha Yoga practice. This class will explore the two schools of practice and their relationship to one another.

Text: *Tantra: The Path of Ecstasy* by Georg Feuerstein, Shambhala, 1998. Also, please read a translation of the Hathayogapradipika by Swatmarama
 Drop-in Session 5: \$35.00

Registration & Fees

Go to rivergardenyoga.com or fill out the Registration Form (on the back side of this flyer).
 Full Yoga Studies series fee: \$240. Register by Sept. 6 for \$200

About William

Drawing on the wisdom of Patanjali and the traditions of Vipassana, Vedanta and Tibetan Vajrayana Buddhism, William Prottengeier teaches yoga as a practice that reveals our inherent freedom. As we develop concentration and precision in Yoga Asana, we become more mindful and compassionate in our daily living. William trained with B.K.S. Iyengar in India and continues his own studies in the United States under Ramanand Patel. William has been practicing yoga since 1975 and is a certified Iyengar yoga teacher. He founded the Minneapolis Yoga Workshop in 1979, and continues to teach several classes a week.

