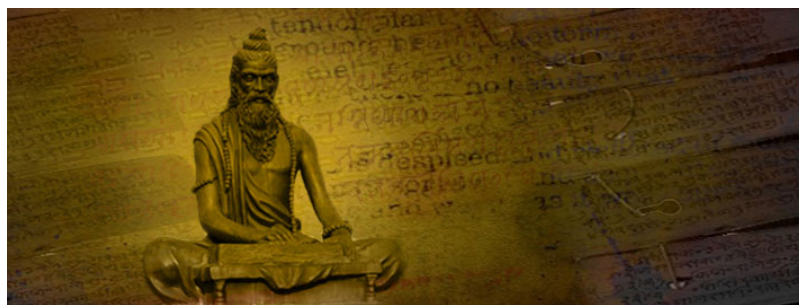


The Yoga Sutras of Patanjali Study Series



Come join us for a journey through the Yoga Sutras of Patanjali. Whether you are new to yoga or a seasoned practitioner, this special class will allow you to deepen your understanding of yoga as a whole and as a spiritual path.

Together we will explore into the teachings of sage Patanjali and participate in an interactive environment of study, contemplation and exploration as we address questions regarding spirituality in Yoga and in life. Besides the theoretical study, we will also dedicate time for the practices, which are necessary to produce spiritual transformation.

Each class will be different. Therefore, if you cannot make every single class, you will still be able to follow along and understand clearly. The classes do not need to be taken in any specific order.

These once a month classes will be lead by BeYoga Instructor **Reverend Krishna Damian Boscardin** at BeYoga from 11:45 to 1 pm on the following **Sundays**:

Feb. 25; March 25; April 22; May 20; June 3; July 1

Resuming in September, dates TBD

Cost per class: **Members \$ 20 / Non-members \$ 25**

What to bring?: “Inside The Yoga Sutras”* book by Reverend Jaganath Carrera and a notebook.

*can be found on Amazon for about \$16.00



Yoga Life Minister - Krishna Damian Boscardin

Reverend Krishna, RYT 500, has been intensely and devotedly teaching Hatha Yoga since 2001. He is a Certified Massage Therapist and he holds several certifications in Accupressure, Therapeutics and Energetics in Yoga. He teaches Meditation and he is a Certified Teacher of Raja Yoga (Yoga Sutras of Patanjali). As a long devotee of Yoga spiritual practices and scriptural study he loves and lives to share the ancient Teachings of Yoga in ways that are relevant and practical to nowadays way of living and to the householder’s way of life, being himself a householder, married and father of two. Reverend Krishna has been trained and ordained as a Yoga Life Minister by his Beloved Teacher Sri Guruji Reverend Jaganath Carrera. As Ministerial Services, Reverend Krishna offers services in officiating Weddings, New Born Blessings, House Blessings, Memorials, Funerals and Spiritual Counseling for individuals, couples, and families.