

Talks on Yoga Philosophy Arvind Pare



This is a rare opportunity to meet Arvind Pare and enjoy one of his fabulous yoga philosophy talks in an informal setting. Each session will include meditation and an opportunity to ask questions.

Tuesday 16 June—6.15—7.45pm

The Opening and Closing Prayers in Ashtanga: The Opening prayer in Ashtanga, though brief, touches upon many important concepts such as Samsara, liberation, self-knowledge, and Guru. The closing prayer is from the Veda and is a prayer for the well-being of all. In this session, we take an in-depth look at both these prayers.

Wednesday 17 June—6.15-7.45pm

Purusha and Prakriti: Generally, we come into this world, live our lives, and go back without knowing the difference between Purusha and Prakriti. On the other hand, a Yogi is one who dedicates his/her life to know the true nature of both, until all doubts and vagueness disappear.

Saturday 20 June—11.30am-1pm

Karma Yoga: The yoga world is very familiar with the term 'karma yoga.' Many have actually 'done' some too. The term has suffered some abuse as it is used in many ashrams to refer to 'free service' or 'work without pay.' In fact, Karma Yoga is a major topic in Bhagavad-Gita and also in Yoga Sutra. We discuss this topic along with relevant verses/sutras from Gita/Yoga Sutra.

Arvind Pare has studied Bhagavad-Gita, Yoga Sutras, and many Vedanta texts for 14 years, living in Arsha Vidya Gurukulam in USA and India. He is a student of Swami Dayananda Saraswati, who is the foremost teacher of Vedanta in the world today. Prior to this, Arvind lived and worked in the USA for 12 years. He has an MBA and a master's degree in engineering. For the past two years he has been teaching Yoga Philosophy in Mysore, India.

Cost—£30 for all three sessions or £12/session

Location: NW3 (1 minute from Chalk Farm Tube). Address sent on booking.

Please email Joyce at info@findthebalance.co.uk to reserve your space.