

# Yoga Sutra Study

With Jo Brill

January-June 2010



Loving your yoga practice, but wondering if there's more? Behind the yoga we know, there's sophisticated philosophy—formalized by the sage Patanjali in classical times, and recognized ever since as the authoritative expression of yoga as a school of thought.

With 200 pithy statements—sutras—Patanjali gives us a way to ponder the activities of the mind, the price of letting the mind run rampant, the ways in which we can get better at controlling our minds, and the gifts of such discipline.

This masterful work remains vibrant and alive—and more useful than ever given the hectic lives many of us lead. Widely translated and interpreted, the Yoga Sutras of Patanjali are accessible to anyone who wants to learn more.

Intrigued? Join us for sutra study. In this introductory course, you will learn to chant select sutras in Sanskrit, the beautiful language of yoga. But you'll also have the opportunity to connect directly to meaning, with a practical introduction to Sanskrit grammar.

**Jo Brill** studies Sanskrit with Vyaas Houston of the American Sanskrit Institute. She is certified by ASI to teach Sanskrit. Her work has been mentioned in *New York* magazine.

A certified yoga teacher, Jo received her training at Yoga for Well-Being in Goshen, NY. She is affiliated with the Krishnamacharya Healing and Yoga Foundation. She has practiced yoga for nearly 20 years and continues her studies with Mia Azcue.

More at [www.yogaforawareness.org](http://www.yogaforawareness.org).

## Monthly Classes

Sunday afternoon, 1-3 pm

January 24, February 21  
April 18, May 16, June 13

\$120 for series, \$30 each

## At Yoga with Judy

Located near Union Turnpike  
& Bell Boulevard  
(718) 479-6618

[www.yogawithjudy.net](http://www.yogawithjudy.net)  
[yogawithjudy@gmail.com](mailto:yogawithjudy@gmail.com)