

The Theosophical Society in Australia

Springbrook Centre

2184 Springbrook Road, Springbrook QLD

<http://austheos.org.au/locations/australian-directory/springbrook-retreat-centre/>

Thursday, 26 July, to Sunday, 29 July 2018

The Science of Yoga



The essential teachings of Yoga were codified, many centuries ago, by Patañjali in his *Yoga-Sūtras*. According to such teachings, Yoga is both a science and a way of life that can lead the practitioner to a direct knowledge of his or her own essential nature.

In this seminar we will delve into some of the key aphorisms of the *Yoga-Sūtras* and seek to find out their relevance to our own understanding of life. We will also try to understand, together, the process of *Samyama* that leads to an unconditioned awareness of consciousness in its essential nature.

Each day will begin with a meditative attunement specially selected to offer the keynote for the work of the day.



Facilitator: Pedro Oliveira, Education Coordinator,

TS in Australia

Cost: \$160.00 (TS Members)

\$200.00 (Non-TS Members)

(The cost includes sessions, accommodation and catering.)

Registration forms: <http://austheos.org.au/whats/springbrook-events-2018/>

OR National Headquarters OR Lodges/Branches

Enquiries to: Education Coordinator, edcoord@austheos.org.au, 02 9264 7056

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