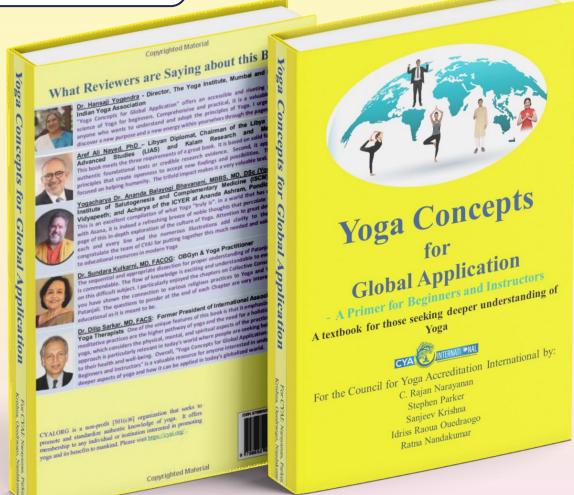
## Book Reading & Discussion

Explore the true understanding of Yoga through discussion with peers and Book author

Every Wednesdays | 8 - 9:15p EST



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## Yoga Concepts for Global Application

A textbook for those seeking deeper understanding of Yoga

Discussion topic for each session -

- 1. What is Yoga, its roots and its application (Ch:1-3)
- 2. Mechanism of Yoga & its application(Ch:5-7)
- 3. **Power of Breath 1 (Ch:8-9,12)**
- 4. Power of Breath 2 (Ch:10-11,13-15)
- 5. **Hatha Yoga(Ch:16-21)**
- 6. Tantra 1(Ch:22-24)
- 7. Tantra 2 & Highest Realization of Yoga(Ch:25-27)
- 8. Meditation(Ch:28-30)
- 9. Group Consciousness, Bhakti Yoga and non-religious practices (Ch:31-34)
- 10. Health, Environment, Teaching Yoga (Ch:35-36, 4, 37-38)
- 11. Final Discussion

- When: Every WednesdaysMarch 19 to May 28, 20258 9:15p Eastern USA time
- Where: Online (via Zoom)

## Why Join?

- ✓ Deepen your understanding of Yoga.
- ✓ Engage with thought-provoking chapters from a classic text.
- ✓ Participate in interactive discussions with peers and experts.
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