



## Spring 2018 Philosophy Classes with Jaime Mathis

*Jaime has studied yoga asana and Eastern philosophy for 17 years throughout England, New Zealand and the US. Some of her teachers include Edwin Bryant, Julie Gudmestad and Jetsun Khandro Rinpoche. Jaime also holds degrees in literature, history, behavioral sciences, film and theatre from the University of Canterbury and Newbold College. She is author of three books, numerous nonfiction pieces in literary journals and blogs on mindfulness and meditation. In addition to being a passionate yogini, she has a true teacher in her son Espen and trains international corporations in mindfulness.*

### **INTRO TO YOGA PHILOSOPHY**

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Sat, April 21

2:00 – 4:00 pm

\$40

Dive into the historical and philosophical framework yoga asana is embedded in and draws from. Questions like “What is the aim of yoga?” and “Why is it important to understand the philosophical underpinnings of yoga today?” will be addressed with room for personally relevant inquiries. Patanjali’s Yoga Sutra as well as the Bhagavad Gita will be our primary texts for exploring differences in application and practice between raja and bhakti yoga. We will consider modern applications of wisdom drawn from both texts. Edwin Bryant’s commentary on the Yoga Sutras and Eknath Eswaran’s translation and commentary on the Gita will be our study texts. Students will be welcome to bring copies if they have them. But it is not necessary. This workshop is a pre-requisite for continuing study focusing on Patanjali’s Sutras and the Bhagavad Gita individually.

*2 CE Credits through Yoga Alliance*

### **DEEPENING INTO THE SUTRAS**

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Sat, May 12

2:00 – 4:00 pm

\$40

Explore the 8 limbs of yoga as the raja yoga path to samadhi (enlightenment). Discover the impediments to practice and their antidotes. Learn how to skillfully engage Patanjali’s Sutras while practicing Sanskrit reading aloud together through sections of the text. Our primary places of study will be in the first and second padas (books) with a brief overview of the final sections. Koshas and Kleshas will also be covered, in addition to an explanation of Samkhya philosophy that speaks to the building blocks of Reality and how matter is organized through the gunas. Please bring a copy of Edwin Bryant’s commentary on the Yoga Sutras with you to class as we will be reading together.

*2 CE Credits through Yoga Alliance*



## **DEEPENING INTO THE GITA**

Sat, May 19

2:00 – 4:00 pm

\$40

The yoga of the Bhagavad Gita is a yoga that is accessible to all people, whether householders or ascetics. In this study of the Gita, we will focus on the middle portion of the text (chapters 9 and 10), while building discussion around what it means to live a devoted life within the context of the Gita. Additionally, we will look into the historical framework of the Gita as its 700 verses are embedded in the largest written work ever created, the Mahabarata. You will also hear several stories about Krishna as a child, which will help give shape to the overall personhood of Krishna as divine incarnation of Lord Vishnu. Eknath Eswaran's translation and commentary of the Gita will be our text of choice and it is recommended that you borrow, buy or otherwise obtain a copy for class.

*2 CE Credits through Yoga Alliance*

### **Registration Form** (Pre-registration is required)

#### **Enroll me in:**

Class Title	Date	Cost
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**I've included my payment for \$ \_\_\_\_\_**

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