

The YOGA Sādhanā Seminars

Meditation, Talks and Dialogues
on the Meaning and Practice of Yoga

Seminar 1: Thurs. Feb. 2nd, 7:30pm - 9:30pm - \$30

The Sanskrit word *sadhana* means "practice" or "accomplish." In this seminar series we will be exploring various forms of traditional *Yoga Sadhana*. We have often heard that Yoga is more than the practice of postures (*asana*), but what exactly is this "more"? How is Yoga to be practiced off the mat and outside of the studio? What are the so-called "deeper dimensions" of Yoga and how are they to be practiced in our everyday lives? If these questions interest you then please join me for one or more of these evening seminars. Each evening we will explore, discuss and meditate on the heart of Yoga practice. Each seminar will cover three different topics (see below). ~ *Satyam (Salvatore Familia)*



Yoga Sadhana is a disposition of your heart,
not the position of your body.

Understanding and practicing Yoga Sutra I.33, the "sublime attitudes" (*brahma-viharas*) known also in the Buddhist tradition as the "four immeasurables":

- *Maitri* (loving kindness)
- *Karuna* (compassion),
- *Mudito* (sympathetic joy)
- *Upekshanam* (equanimity).



The Yoga of the Bhagavad Gita: the Sadhana of
Conflict, Crisis and Circumstance.

The idea we may have of insight and wisdom dawning on our minds and hearts while seated in meditation or flowing on our Yoga mat may be a bit short sighted. The ancient Indian text known as the Bhagavad Gita conveys a dynamic form of liberative Yoga that unfolds out of the conflicts and crisis of everyday life. Even Patanjali communicates various forms of Yoga that take place on the field of everyday circumstance.



Sinatra Sings Patanjali: Uncovering the Western Bhakti
tradition within the Great American Songbook.

The songs, chants and mantras popularized in the West in the so-called "Neo-Kirtan" movement are, from one point of view, only love songs! With a minor shift in our point-of-view the many love songs of our own cultural heritage from the 20's to today can be heard, felt and celebrated as great expressions of Bhakti Yoga.



The YOGA Sādhanā Seminars

*Meditation, Talks and Dialogues
on the Meaning and Practice of Yoga*

Seminar 2: Thurs., Feb. 16th, 7:30pm - 9:30pm - \$30

The Sanskrit word *sadhana* means to “practice” or “accomplish.” In this seminar series we will be exploring various forms of traditional *Yoga Sadhana* or Yoga Practice. We have often heard that Yoga is more than the practice of postures (*asana*), but what exactly is this “more”? How is Yoga to be practiced off the mat and outside of the studio? What are the so-called “deeper dimensions” of Yoga and how are they to be practiced in our everyday lives? If these questions interest you then please join me for one or more of these evening seminars. During each seminar we will explore, discuss and meditate on the heart of Yoga practice. Each seminar will cover three different topics (see below).
~ *Satyam (Salvatore Famiglia)*

this evening's topics:



The Fig Seed Experiment: Teaching-Stories from the Forests of Ancient India

The ancient Indian texts known as the Upanishads are filled with wonderful dharma stories and intimate dialogues between wise teachers and their students. The topic for this part of the seminar is taken from one such story of Svetaketu who returns home from his years of education a vain and self-important young man. His sage father Uddalak questions him about what he knows and Svetaketu soon learns that there is much about life that he failed to grasp. He accepts his father as his *guru* (teacher) and what follows is a deep encounter with a profound *sadhana*.



Two Birds of Golden Plumage, close companions, clasping the Same Tree...

The philosophy of Yoga owes a tremendous debt to a few lines of an ecstatic poem composed over 4,000 years ago. This enigmatic song-poem was quoted, commented and held in the highest esteem by many who claimed it revealed a deep insight into the nature of human existence. Indeed, it informed and inspired many of the rich spiritual traditions of India, especially Yoga. Remarkably, this hymn anticipated some of the cutting-edge discoveries of contemporary neuroscience on the nature of the mind and consciousness.



Pratyahara: the Misunderstood Limb of Patanjali's Eightfold Yoga (*ashta-anga-yoga*)

Commonly translated as “sense-withdrawal,” *pratyahara* is perhaps the least understood (or rather, misunderstood) aspect of Patanjali's Yoga. Some commentators have used the image of a tortoise withdrawing into its shell to illustrate the practice. But is this correct? What does “sense-withdrawal” even mean? Is this the right way to translate the term? Things are not what they seem with this limb of Yoga!