

Learn

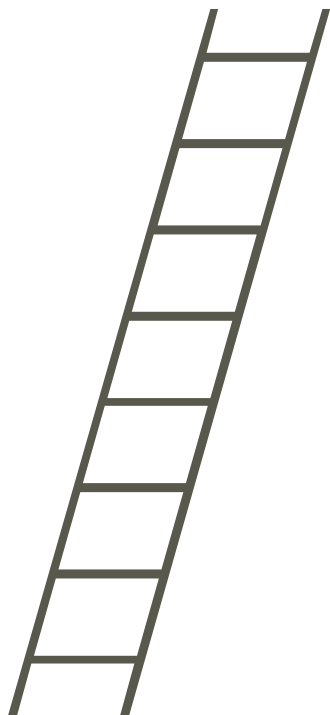
CLASSICAL YOGA

What pops into your mind when you read the word "yoga"?
What about "peace"? How about "bliss"? And "freedom"?

Classical Yoga is an 8-limbed system prescribed by Patanjali in The Yoga Sutras that helps the practitioner experience true freedom.

Freedom from what? Everything, essentially, We practice to experience freedom from all suffering.

Suffering is created in the mind and we actually have a great deal of agency in how we experience and process suffering.



8. FREEDOM
7. MEDITATION
6. CONCENTRATION
5. GOING INWARD
4. BREATHWORK
3. POSTURES
2. PRACTICES
1. DISCIPLINES

with Trina

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