



YOGA SCIENCES INSTITUTE

Active Yoga Philosophy Program Description

ACTIVE YOGA PHILOSOPHY PROGRAM DESCRIPTION

What is Active Yoga Philosophy?



Not Your Ordinary Philosophy.

Yoga philosophy is a powerful branch of yoga practice sometimes called *jnana* or wisdom yoga. Unlike western philosophy, yoga philosophy involves active exploration rather than passive argumentation; rather than engage in empty speculation *about* experience, yoga prefers to experiment with how systems of knowledge exert powerful effects *on* experience.

Not Your Ordinary Yoga.

How does yoga philosophy work? A simple analogy may help: it works like the postures of Hatha Yoga. Just as Hatha Yoga eliminates toxic substances from the body through postures and breath control, yoga philosophy or *jnana* yoga eliminates toxic thoughts from the mind through sustained and systematic questioning of its various assumptions. And just as Hatha Yoga postures stretch and tone the body, yoga philosophy stretches and tones the mind, leaving it supple, clear, calm, and ready for whatever challenges life may bring.

Active Yoga Philosophy Bridges Mind and Body

Yoga Sciences Institute has developed a unique approach designed to give you the vision and methods of yoga philosophy directly – without years spent sitting in classrooms or libraries. Our unique approach escorts you efficiently into the vast, inspiring thought-world of yoga so that you can bring its five thousand years of insight to bear on your here-and-now practice, and on your day-to-day life.

We take the word *Active* seriously. Our Programs combine the powerful mental techniques of yoga philosophy and symbology with carefully-chosen mind-body practices – a unique combination that quickly transforms inspiring ideas into actual experience.



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Why Should I Take an Active Yoga Philosophy Program?



You will gain the ability to confidently explore and teach yoga

- Master the powerful Sanskrit concepts at the heart of the yoga tradition
- Deepen your personal yoga practice
- Enhance the effectiveness of your yoga classes
- Earn your Certificate in Yoga Philosophy

What Subjects Will I Learn in Active Yoga Philosophy?



You will investigate all the phases of yoga philosophy - humanity's science of illusion

The Active Yoga Philosophy Program helps students master the fundamentals of the yoga sciences in series of exciting, practical workshops. It unfolds in seven phases, moving from the multilayered symbolism of the ancient Vedas through the great Hindu and Buddhist yoga systems, to the subtle physiology of the Hatha systems so widely practiced - but seldom understood. In the Active Yoga Philosophy Program, you'll learn how to *think* - and not just *bend* - like a yogi.

- I. Discover the power of ritual sound in the ancient Vedas
 - II. Explore the mysteries of the Upanishads and find out how the self and the cosmos are one
 - III. Learn to distinguish nature and awareness using the tools of the Yoga Sutra
 - IV. Buddhist forms of yoga, emphasizing impermanence and emptiness, dissolve false views
 - V. Work, thought and attachment are wings, not chains in the Bhagavad Gita's world yoga
 - VI. Vedanta, the great school of illusion yoga, reveals how this world is just like a dream
- Hatha and Tantra integrate physical and mental yoga with powerful symbolic complexes