

Yoga Sutras of Patañjali

Patañjali's *Yoga Sutras* is the most authoritative classical text of yoga, aiming at the highest spiritual realization. The text discusses all aspects of meditation and provides an overview of the spiritual path towards a deep understanding of consciousness, its definition of yoga being "establishing the mind (chitta) in stillness".

योगश्चित्तवृत्तिनिरोधः ॥२॥

yogaś-citta-vṛtti-nirodhaḥ || 1.2 ||

The seminar offers a unique opportunity to explore this text of the *ancient wisdom*, in a modern interactive way, connecting Eastern and Western philosophy. Ravi Ravindra's spiritual search has led him to the teachings of J. Krishnamurti, G.I. Gurdjieff, Zen, and to a deep immersion in the mystical teachings of the Indian and Christian traditions.

Ravi Ravindra, PhD is a spiritual visionary, scholar, and leading international speaker on religion, science, and spirituality. A native of India, he emigrated to Canada and is Professor Emeritus at Dalhousie University, in Halifax, Nova Scotia, where he served for many years as a professor in three Departments: Comparative Religion, Philosophy, and Physics. He was a Member of the Institute for Advanced Study in Princeton, a Fellow of the Indian Institute of Advanced Study, and Founding Director of the Threshold Award for Integrative Knowledge. He was a member of the Board of Judges for the prestigious Templeton Prize for Progress in Religion. He is the author of fourteen books on religion, science, mysticism, and spirituality. Recently his new translation and guide *The Wisdom of Patañjali's Yoga Sutras* was published.

Program

Friday 17th August: arrival throughout the day and registration from 16.00. First informal meeting 20.00 – 21.00.

Daily program:

7.30 – 8.15	yoga exercises (facultative)
8.30 – 9.00	meditation
9.15	breakfast
10.30 – 12.00	lecture
12.30	lunch
14.00 – 15.30	practical exercises
16.00 – 17.30	lecture
18.00	dinner
20.00 – 21.00	evening program

Saturday & Sunday: The Heart of Yoga (based on the *Yoga Sutras* and the *Bhagavad Gita*) **Wednesday 22nd:** closing session 14.30 – 15.00

Preparation All participants receive documentation about 6 weeks in advance of the seminar.

Registration We are expecting a lot of interest in this unique seminar. As our lodging capacity is limited, we will employ the following registration procedure:

- Registration is due for the *full* seminar, *before 15th April 2011*. Reservation will only be made after initial payment of € 200. Cancellation before 1st June results in refund of the full sum minus € 50.
- Reservation will be valid only after confirmation.
- In case all rooms are occupied, the following options are available: camping at the ITC (own tent or caravan), dormitory (own air mattress) or booking a hotel room at NH Jan Tabak Tel. +31.35. 6959911 E-mail: nhjantabak@nh-hotels.com
- Day visitors are welcome without registering. Fee per day: € 35 for TS members or € 50 for non-TS members. For day visitors, soup will be provided for. Please bring your own sandwiches.

Registration A

Transformation of Consciousness in The Yoga Sutras of Patañjali

17 June to 22 June 2011

Name:..... Age:

First name:..... M/F

Address:.....

Postal Code:.....

City:.....

Country:.....

Email address:

T.S. member : Yes / No

Remarks:

Please turn over

Please send this form to:

Theosophical Society in the Netherlands
Events Administration
Tolstraat 154
1074 VM Amsterdam
The Netherlands

Email: evenementen@theosofie.nl

Site: www.theosofie.nl

Any stay at the Center is meant to enjoy quietness of mind, peace and a harmonious life. Therefore smoking or using non-prescription drugs on the estate is not allowed; only vegetarian meals and non-alcoholic beverages may be consumed.

Registration B

A. Registration fee

TS-members	€ 185
Non-members	€ 260
Reduction on full payment before 15th April 2011	€ -15

B. Vegetarian meals

€ 175
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C. Lodging

Crystal House single room	€ 135
Crystal House 2 pers. room	€ 100
Arundale Hse single room	€ 95
Arundale Hse 2 pers. room	€ 80
Dormitory	€ 35

D. Camping

€ 50
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Total amount

€
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Initial payment

€ -200	
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Remaining payment due

€
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E. Preorder Ravi Ravindra's book

- ☐ Yes, I would like to order the book *The Wisdom of Patañjali's Yoga Sutras*.

Payment to ABN-Amro bank account number 46.80.83.073 at the name of Theosofische Vereniging in Nederland. IBAN: NL22 ABNA 0468 0830 73, BIC: ABNANL2A.

TS members who are not able to afford the fee may ask for a reduction in registration fee.

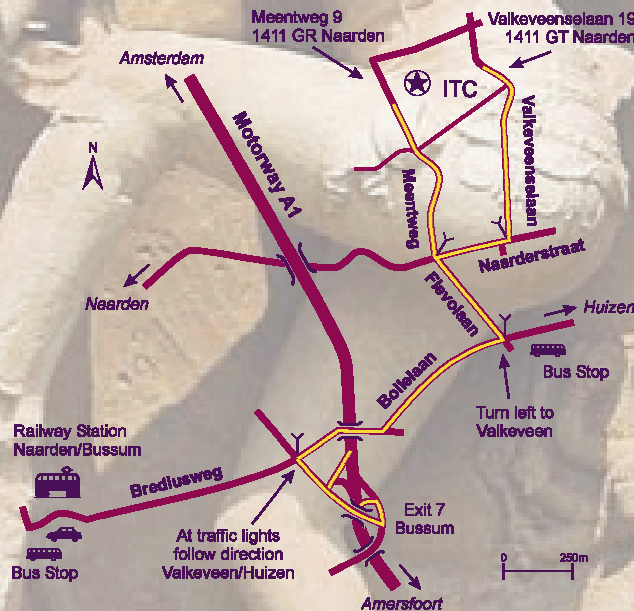
Mention Yoga Sutras, June 2011

Lodging Facilities

Arundale House offers basic lodging; 9 bedrooms, each with two beds, shared showers and toilet blocks. **Crystal House** offers 20 bedrooms; 10 single person and 10 two person bedrooms each with own bathroom. **Camping**; individual places or larger camping ground. **Dormitory** offers budget lodging; 15 persons.

Route description

The ITC is located approx. 20 km east of Amsterdam, close to the old fortified city of Naarden. **By plane:** Fly into Schiphol airport, Amsterdam. The railway station is under the airport. Buy a ticket to station Naarden/Bussum. **By train:** Buy a ticket to station Naarden/Bussum. Go by regular taxi to ITC (see plan) or by bus (Regioliner 100; from bus stop Flevolaan it is a 20 minutes walk). **By car:** Take the exit Bussum/Naarden off motorway A1 between Amsterdam and Amersfoort. Then follow description of the plan below.

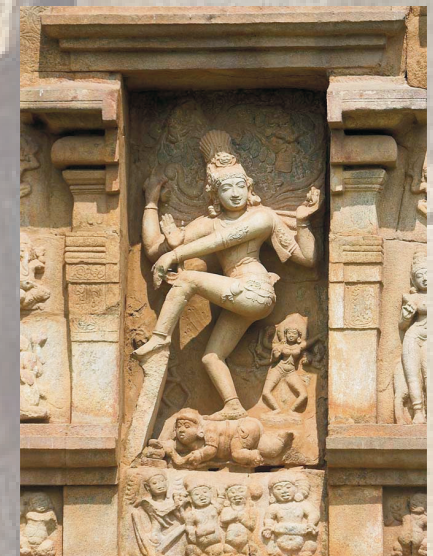


Transformation of Consciousness in

The Yoga Sutras of Patañjali

With Ravi Ravindra

17 to 22 June 2011



Organized by the

Theosophical Society in the Netherlands

(Theosofische Vereniging in Nederland)

Location: International Theosophical Center
Meentweg 9, 1411 GR Naarden. The Netherlands