

Bob Gilbo

Bob studied Hindu philosophy with Ravi Ravindra and under Satya Narayana Das of the Jiva Institute in Vrindavan, as well as Edwin Bryant at Rutgers University. Bob edited Dr. Bryant's landmark translation and commentary on *The Yoga Sutra of Patanjali* (North Point Press, 2009). He has been studying Sanskrit since 2004 and recently returned from a yatra to sacred sites and studies with acharyas in South India.

Leslie Dillingham Freyberg

Leslie has served on the faculties of the American Sanskrit Institute and with Patricia Walden's Training programs. She has studied Sanskrit with Dr. Edwin Bryant and the late Dr. Ram Karan Sharma. Leslie has also studied Vedic Chant extensively with Sonia Nelson and Deborah Kuryan in the lineage of T.K.V. Desikachar and Krishnamacharya. Leslie is a Certified Iyengar Yoga teacher.

Mary Reilly

Teaching since 1982, Mary has been devoted to yoga and to the Iyengar tradition for over three decades. Mary has studied regularly at the Ramamani Iyengar Memorial institute in Pune, India and most recently studied there in November of 2018. Mary was certified at the Intermediate Senior II level personally by B.K.S. Iyengar. and directs North Woods Yoga, the B.K.S. Iyengar Center of Northern Michigan in Petoskey. (<http://www.northwoods yoga.com>).

One absorbed in
the yoga of discernment
casts off in this world
both good and bad acts.
Therefore,
be absorbed in yoga,
for yoga is skillfulness
in action.

—Bhagavad Gita II.50
(Schweig translation)



North Woods Yoga

The *Bhagavad Gītā*: Yoga as Action in the World

Gift yourself time this winter to read,
chant, discuss, & contemplate one of the
great Sanskrit yoga texts of
classical India.

With Mary Reilly, Bob Gilbo
& Leslie Freyberg



Saturdays, January 9–May 8, 2021

Live streamed plus recording

The *Gita*, as it is affectionately known, is the seminal South Asian pre-modern wisdom text that has captured the imagination of both popular and scholastic audiences in both India and the West. Its practicality helps explain its enormous popularity, as does its diversity of yogic options. While affirming the transcendental path of meditation (*dhyana*) described by Patañjali in the *Yoga Sutra*, it also highlights the paths of devotion (*bhakti*), action (*karma*), and knowledge (*jnana*).

Spoken by Lord Krishna to the warrior Arjuna, who is undergoing a moment of existential crisis on a battlefield, the compelling dialogue of the *Bhagavad Gita* is all about the necessity of—and proper basis for—skillful action in the world. While helping Arjuna resolve his dilemmas, Krishna's teachings reveal the nature of the self, the world, ultimate reality, and the purpose of human existence.



Series Format

Join Bob, Leslie, and Mary for this unique opportunity to encounter the philosophy, sacred sounds and art of the *Bhagavad Gita*. No prior exposure to the *Gita* is required—all are welcome for this study group/discussion forum.

- An optional 45-minute asana class with Mary will precede each session to embody us to sit with ease and a receptive mind. There will be a 15-minute break between the two sessions.
- We will read and discuss all 18 chapters of the *Gita* over the course of 18 weeks—18 being a most auspicious number in Indic thought—taking us from the inward reflections of winter to the start of spring renewal.
- Each week Leslie will lead us in chanting selected verses from the *Gita* in Sanskrit, allowing us to encounter directly its aural vibrancy and to connect with the unbroken line of oral transmission of the text.
- Bob will share examples of some of the rich artistic imagery inspired by the *Gita*, from stone carvings to paintings to illuminated manuscripts to dance performances and even modern calendar art. These visual representations amplify the text and give insight into its enduring presence in Indic culture.
- Please bring a copy of the Graham Schweig translation, *Bhagavad Gita: The Beloved Lord's Secret Love Song* (2010, HarperOne). You will be asked to read in advance the material being discussed at each week's session. There will be opportunities to ask questions prior to and during the session.



Schedule & Price

Saturdays, January 9–May 8, 2021
Gita session: 10-11:30 am EST/DST

Early bird price (by January 8th) for the entire *Gita* series: \$200*

Installment price for each 6-week section: \$75 due by 1/8, 2/12 and 3/26 2021*

Optional asana classes with Mary, from 9–9:45 am EST/DST: 6/\$39 or 18/\$108*

You can make out a check to North Woods Yoga (and avoid the online service fee) and mail to:

Mary Reilly
 5586 Fisher Road
 Harbor Springs, MI 49740
 (Please do not mail to the North Woods Yoga studio in Petoskey.)

Or you can pay online using the "other amount" on the Purchase Zoom Classes form:
 (<http://www.northwoodsyooga.com/zoom.htm>)

Zoom links will be emailed to participants.

*The *Gita*'s song is meant for all humanity, and no one will be turned away due to financial considerations: if you are interested and the cost isn't feasible for you, please reach out to Mary at maryreilly36@gmail.com and we will work it out.

While you are encouraged to attend the live sessions, they will each be recorded and available for the following two weeks in case you need to miss a session or wish to review material.