

# Yoga Sutra Study and Chant at Garden of Yoga

The Yoga Sutra-s of Patanjali are the foundation of yoga, and offer a range of practical tools that help us to self-awareness, decreased anxiety, and better relationships. (Who doesn't want that?)

Each Thursday we will study the meaning of the Sutra-s, cover the word-by-word translation of Sanskrit, and practice chanting through listen-and-repeat methods. No previous experience needed!

## **6-week sessions:**

1. Thursday, Sept. 15-Oct 20, 2016
2. Thursday, Oct. 27 - Dec. 8, 2016 (off on Nov. 24)

## **Time:**

6:30 pm - 7:30 pm

## **Curriculum:**

Yoga Sutra-s of Patanjali, Book 1

## **Minimum class sign-up:**

4 students.

## **Cost:**

\$108 for the 6-week series

## **Materials:**

\$8 for a Yoga Sutra workbook and chant materials, available for purchase at the first class of the session.

## **To register:**

please contact Janet at 630-936-9241  
or at [jbyogatherapy@att.net](mailto:jbyogatherapy@att.net)



Janet Bowen, Ph.D., CYT/Yoga Therapist, has practiced yoga since 2000 and has taught yoga for over 13 years. She focuses, both in sutra study and asana classes, on yoga as a practical tool for improving our sense of well-being and self-understanding as well as our relationships with others. She has studied with T.K.V. Desikachar; apprenticed at a yoga therapy center in India; and studies sutra and Vedic chant with her teacher, Kate Holcombe of Healing Yoga Foundation San Francisco.



**janet bowen**  
**yoga therapy**

[www.janetbowenyogatherapy.com](http://www.janetbowenyogatherapy.com)  
1-630-936-9241  
[jbyogatherapy@att.net](mailto:jbyogatherapy@att.net)



Garden of Yoga

140 N. LaGrange Rd., Ste. 17  
LaGrange, IL 60525

708-989-1329

[www.gardenofyoga.net](http://www.gardenofyoga.net)