

ANTARANGA YOGA

An exploration through sūtra, mantra & āsanaa

ZOOM WORKSHOPS

26th – 27th June 2021

9am – 1pm GMT

€35 per morning; To book call Michelle at 00353 83 106 4589



VINAYACHANDRA
BK

GABI
GILLESSEN

ANURADHA
CHOUDRY



The Yogasutra of Patanjali offers us a profound source of insight into the workings of our psyche. In addition to the philosophy of Yoga, it lays out a rich and detailed manual of pragmatic and practical wisdom that one can use for one's inner development. These insights and practices cover a whole range from external to internal.

The internal forms the core teaching of the Yogasutras, called as Antaranga Yoga, which informs us about the inner faculties and their transformation.