

François Lorin

Beyond labels, Yoga is one

**28 and 29 April 2018, Clarkston Hall, Glasgow
(10.00-17.00)**

Yoga is a feeling of oneness with all experiences; or of intimacy with all offerings from life, be they pleasant or unpleasant. If we feel we are separate, so-called 'individuals' within limited bodies/minds, we will not be able to accept the above statements without fear or denial. How then to move toward a sense of being united, if not through seeing the illusory nature of the sense of separation? Can our practices help us to come to that understanding?

The two days will include discussions and dialogues around the *Yoga Sūtra* and *Bhagavad Gītā*, and practices that illustrate the theme (āsana-s, prānāyāma-s, mudrā-s, dhāranā, dhyāna).

François Lorin first travelled to India in 1963, where he studied with J. Krishnamurti, then Desikachar from 1966 to 1987. He co-founded the Institut français de Yoga (previously known as the Fédération de yoga viniyoga France), and his interests include the appropriate transmission of all aspects of yoga, holistic psychologies and spirituality, ecology, and equality of status between children, adults, women, men, plants and animals. He considers recognising the non-reality of the notion of self to be key in improving the current terrible state of human affairs everywhere in the world.



One day: £50

Both days: £90

Both days paid before 28 February: £85

Please bring vegetarian food to share

Contact for bookings and payments:
j.charnley@phoncoop.coop

Car park at the hall.

Public transport: train from Glasgow Central to Clarkston
or bus 4, 4A or 6.