

The Song and the Thread

The braid of the Bhagavad Gītā and the Yoga-Sūtra

Feb. 25-26, 2011 \$100 StretchyStrongFeelGood Yoga 92 Plain Jane Lane; Sequim, WA 360-461-0998

The two central volumes of Yoga discourse are widely recognized as
The Bhagavad Gītā and the *Yoga-Sūtra*

While they are generally studied separately, they have vast areas of convergence, and, in fact, complete each other.

Bhagavad Gītā means, literally, *Song of God*. It is written in verse.

Yoga-Sūtra means *Thread of Yoga*. It describes human awareness in a series of nearly-mathematical formulas.

Osho called the *Yoga-Sūtra*, "...the algebra of consciousness."

Taken together, the Gītā and the Sūtra integrate right and left brain approaches to Yoga.

In *The Song and the Thread* we will explore:

What is Kṛṣṇa's First Concerns? Miss these and it Doesn't Matter How Flexible Your Hips May Be
Harmony Through Conflict: Karma, Dharma and the Battle of Life and Practice

Bhakti Yoga: Devotion in the *Bhagavad Gītā* and the *Yoga-Sūtra*

Salvatore Zambito (E-RYT 500) (WA LMP) Salvatore is a mystic, rogue scholar, and world-traveling recluse.

Salvatore began his yoga adventure as a student in 1967. He began teaching āsana in 1968 and dhyāna/meditation in 1969. *The Yoga-Sutra* came into his life in 1968 has been his organizing principle ever since.

He has established several yoga centers in the United States and has taught yoga and related subjects in universities, institutes, and ashrams around the world. He taught Yoga and Stress Management at Boise State University from 1980 to 1986.

Salvatore is the founder of the Yoga-Sutras Institute and the author of *The Unadorned Thread of Yoga: the Yoga-Sutra of Patanjali in English* and *The Yoga-Sūtra Sanskrit-English Dictionary*. He lives with his wife, dogs and a flock of pampered chickens on a tiny hobby farm in western Washington State.

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Dynamics of Reincarnation
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Where are you going?

How are you going to get there?

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