

Karuna Arts Yoga



Introduction to the

Yoga Sutras

Of Patanjali

Join Stacy for an in-depth look at the Yoga Sutras of Patanjali (the philosophical underpinnings of hatha yoga) and see how far Yoga extends beyond Asana. Come prepared to look at what works well in your life as well as what's not working so well. We will work with all kinds of different readings from literature to spiritual texts, writing practice, animated conversation, and self-reflection. Be prepared to have fun while getting to know yourself and yoga better.

Six Saturday classes, 1:00-5:00 pm

January 19, 2008

February 16, 2008

March 15, 2008

April 19, 2008

May 17, 2008

June 21, 2008



Stacy Lawson, MA began her study of yoga in 1988. Seventeen years and two kids later, she is still practicing and teaching Yoga with an emphasis on fitting the practice to the student. Stacy combines her extensive experience with asana, pranayama, Sutra study, and meditation to help students develop strength and resilience for daily life. In addition to her broad yoga training, Stacy has her MA in Adult Education and is adept at creating learning environments where change really happens. Currently she teaches group

Location

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