

# Treading a Path to the Self – Series B

## Where and when

An experiential yoga psychology online 8-week course for self healing and growth. Recordings will be sent out after the class.

Join Tara every Saturday 7:45am – 9:00am  
27th April – 22nd June 2024  
\$300 (inc HST)



## Who should attend?

- Anyone who is interested in understanding and embodying yoga psychology.
- Those who want to learn from the comfort of their own surroundings and have recordings available to catch up if you missed a session.
- No previous experience of yoga is required.
- Participants who have completed Series A in 2023 (but not a requirement)

## What you will learn

- We will learn how yogic tools can be employed to work with the Manomaya (lower mind) and the Vijnanamaya (higher/intuitive mind) to offer even more tools to clear the path to the Self within.
- We will come to understand the linkages between the theories of the Gunas and recent neurobiological theories and how to work with these from a yogic lens.
- We will gain a preliminary understanding of the path of Ashtanga yoga.

## What set up do I need?

- You will need a computer/laptop with video and audio connection
- Video will be on and set up so that Tara can see you doing your practice. you will not be recorded.
- You need to be in a quiet space with no interruptions, with enough space to complete your yoga practice. A yoga mat is essential, with a blanket and bolster (or pillow) preferred.
- Audio and chats will be off during the session – send any questions via email after the session

## How will the sessions flow?

The sessions are live yoga classes with 15–30 minute seminars on yoga psychology topics. After the seminar, Tara will lead a 45 minute – 1hour yoga practice relative to the session topic so you can experience the effects of the practice and see if the effects match the intention.



## How do I register?

Go to [www.cpyc.ca](http://www.cpyc.ca) to register, You will register for the class starting on the 3rd February 2024. We will take a deposit of \$150.00 and the balance is due before the start of the first session.

## Topics:

- Week 1: Review of the Panca Maya (energetic layers or sheaths) Intro to the energetic layers or sheaths (Mayas) surrounding Self, with special emphasis on Prana Maya.
- Week 2-5: Understanding the Manomaya and using yogic tools to work with the Manomaya (lower mind/mental sheath) to clear energetic blocks and move you closer to becoming established in Anandamaya (Bliss)
- Week 6-7: Understanding the Vijnanamaya and using yogic tools to work with the Vijnanamaya (wisdom sheath) to clear energetic blocks and move you closer to becoming established in Anandamaya (Bliss)
- Week 7 - 8 Understanding the Gunas and how they relate to neurobiology
- Week 7 -8 Intro to Ashtanga Yoga as a systematic path for healing at all levels of the being

## After the Session

- Recordings and notes from the session will be sent out after the session.
- Questions can be emailed to [tara@cpyc.ca](mailto:tara@cpyc.ca) after the session.
- Regular self practice is encouraged after the session using the recordings to develop your own daily practice. The energy work that yoga offers has a cumulative effect. In order to experience the effect the Yoga Sutra tells us that we must work with enthusiasm, in the right direction, with the right focus for a long period of time. I offer these classes as a way for you to begin this process of developing a practice that is right for you.

