

Sharing and Learning Yoga presents:

Dimensions of Yoga: Bhakti Yoga through the lens of the Bhagavad Gita

Bhakti Yoga is often misunderstood

It is said to be about devotion to God. This immediately creates a barrier to many.

If we put this aside, and consider Bhakti Yoga as a process of linking with the positive aspects of human potential, the journey becomes one that is accessible to all.

Bhakti Yoga is a realignment of the personality. Through yoga sadhana (practice), we become open to the journey of transforming from darkness to light, from ignorance to understanding. We begin this journey and develop insight and understanding as we go along.

Ultimately practice becomes experience. The divine comes to meet us and support us on our journey.

Course overview

This course explores chapter 7 to 12 of the Bhagavad Gita delving deep into and cultivating a relationship with the Divine. It explores Bhakti Yoga as a tradition, as yoga sadhana, and as a process of transformation. Through an immersive daily practice each verse of the six chapters is systematically, and incrementally, explored and reflected upon.

Some prior knowledge of yoga and Bhagavad Gita would be helpful but this is designed as a standalone program.

Time will be spent learning to understand the nine modes of Bhakti Yoga sadhana.

The one who hates no creature, who is friendly and compassionate to all, who is free from attachment and egoism, balanced in pleasure and pain, and forgiving, ever content, steady in meditation, possessed of firm conviction, self-controlled, with mind and intellect dedicated to Me, this person is dear to Me.

verse 13 - 14 chap 12



- *Share stories and lives of saints from different traditions, with poetry and stories illuminating key themes.*
- *Sing bhajans, create a japa and mantra sadhana.*
- *Cultivate awareness of the divine in daily experience.*
- *Explore and nourish personal relationships with the divine through practical and playful exploration.*
- *Explore the characteristics and forms of deities in a clear and simple way.*

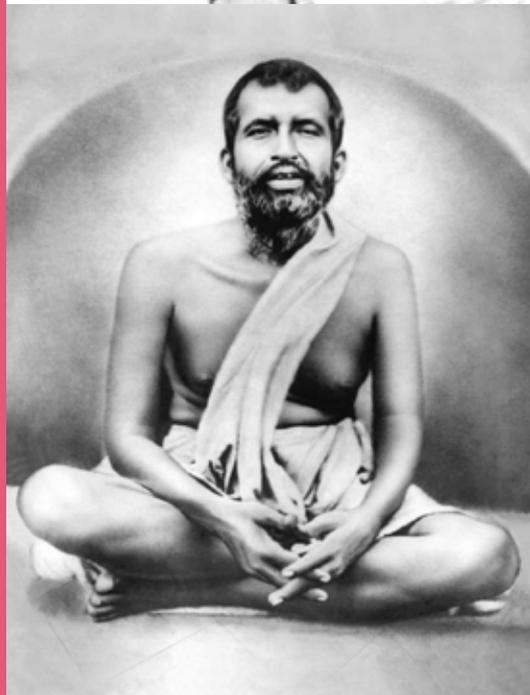
These practices will form important threads woven throughout the 12 weeks of the course.



20 July to 12 October 2020 - \$500 AU

12 weeks online delivery

10 hrs per week home study & practice

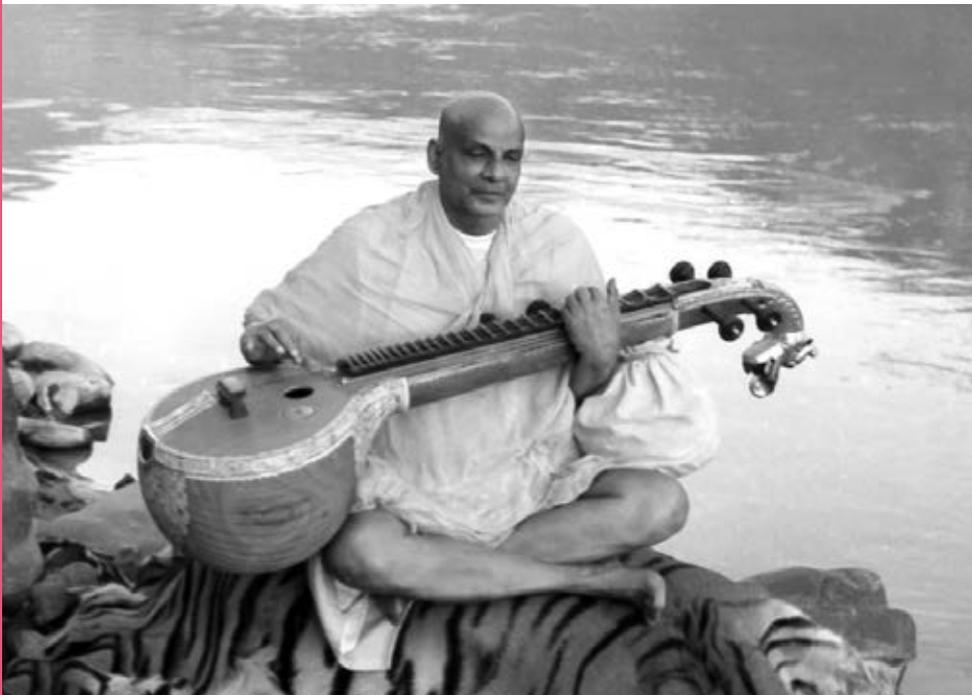


Learning resources

- *The course is supported by a comprehensive learning management website,*
- *A full original manual with commentary closely follows chapter 7 to 12 of Gita with additional related reading on related topics*
- *Daily verses for reflection from Bhagavad Gita, with a related task to explore in daily life, throughout the twelve weeks of the program.*
- *Live/recorded lectures,*
- *Weekly tutorials with participants from around the world*
- *Non academic in approach, it is up to you how much time you spend*
- *Move at your own pace.*
- *A simple practice sadhana of asana, pranayama, yoga nidra, meditation and mantra is provided.*
- *Ongoing email, text and phone support from an experienced teacher throughout the length of the course.*

Concepts explored in an accessible way include:

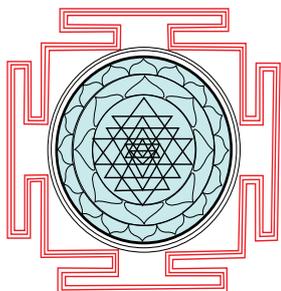
- *Viveka (discernment)*
- *Bhava (feeling),*
- *Shraddha (faith)*
- *Yagya (sacrifice)*
- *Daan (giving)*
- *Seva (service)*
- *Nishta (one pointed devotion),*
- *Prema (divine love)*
- *Kripa (grace)*
- *Samarpan (surrender)*



Teachers

Swami Vimalratna has a strong record in developing yoga courses over twenty years. He runs live and online programs on yoga philosophy and practice with a simple accessible approach, He has a deep love of the Bhagavad Gita, and a unique approach to the text, based on years of personal sadhana.

Divya specialises in teaching mantra and kirtan.



Sharing and Learning Yoga

yoga sadhana, yoga tradition

Our vision, our values

Yoga Sadhana, Yoga tradition

The vision of Sharing and Learning Yoga is to make available the living yoga of the Satyananda tradition in a way that empowers the practitioner to develop their own sadhana (personal practice and lifestyle).

Our goal is to provide participants with yoga tools and strategies that enable them to better manage life's opportunities and challenges, stand on their own two feet, and lead fulfilled and resilient lives.

Our belief is that true Yogic insight emerges through integration of the personal practice of yoga in one's daily life. Personal understanding of the essence of yoga develops through this immersive journey.

We encourage openness to learning, self-reflective curiosity, and taking personal responsibility.

With the flowering of these skills, we encourage the development of a less self-orientated approach to life and a concern to relieve the suffering of others.

Mutual respect is central to the Sharing and Learning Yoga approach.

Contact details:

Swami Vimalratna
course coordinator

sadhana@sharingandlearningyoga.com

mob +61 466278146

<https://sharingandlearningyoga.com>

Online application:

<https://sharingandlearningyoga.com/dimensions-of-yoga-application/>

A close-up photograph of a lit incense burner. The burner is a dark, circular object with a central hole. A thin, golden-colored metal rod is inserted into the hole, and a small amount of incense is burning at the tip. A thick plume of white smoke rises from the burner, curling upwards. The background is dark, and the lighting is warm, highlighting the texture of the incense and the smoke.

**Connect with
the positive
as a source of
personal
transformation.**