

2018 Upcoming Topics

- January 19 Vritti: The Nature of Perception and Consciousness
- February 2 Klesha: Obstacles to Perception
- February 16 Yama: Actions to be Contained
- March 2 Breath Awareness
- March 16 Niyama: Actions and States to be Cultivated
- April 27 Karma and Dharma
- May 4 Review Philosophical Concepts
- May 18 Dharana and Dhyana
- June 1 Pranayama
- June 29 Philosophy Overview



LIGHT ON YOGA PHILOSOPHY

Select Friday Nights at High Desert Yoga

Join Kim, Zoreh, and the HDY Teacher Training for 2-hour lecture-discussions on a rich variety of yoga philosophy topics.

Classes held at High Desert Yoga 4600 Copper Ave NE
6:00–8:00 PM

Cost: \$20

HDY Teacher Training Graduates: \$15