

MEDITATION AND ACTION

IN THE YOGA SŪTRA AND THE BHAGAVAD GĪTĀ

APRIL 7 - 9, 2017 TALLINN, ESTONIA

How do meditation and action fit together? In yoga, meditation brings peace of mind and well-being. It also brings knowledge and know-how, which means skill in action. Trying to be clearer, more relaxed and concentrated in everyday life is one simple way of linking meditation and action so that what we do is done better and more consciously. But there is more to any act than meets the eye. Do we really understand why we act? What is behind any work we undertake in life? In both texts, these questions are developed, but not in exactly the same way, despite being from the same culture - India.

The Bhagavad Gita says that action is inevitable «Every man is powerless and made to work by the constituents born of Nature (guna)» III, 5. In the Yoga Sutra actions and their consequences are exposed as being potentially influenced by confusion and its associates (avidya/klesha) II, 12. Meditation in yoga leads to clarity by reducing confusion and can help put what happens to us into perspective, thereby reducing suffering. Desikachar would often quote «By unlinking the link with suffering yoga is achieved (duhkha samyoga viyogam yoga)» BH. G. VI, 23.

During the course, through lectures and workshops, I will share with you my vision of how meditation and action are laid out in these two inspiring texts and help you to interpret the concepts so that they are relevant both to your own life and to what you are seeking. Your questions will be most welcome. Yoga practices, including chanting, will also form an important part of the course.



MARTYN NEAL is a yoga teacher from Southern France. He is a teacher trainer for the French Institute of Yoga. Born in England, he moved to Narbonne in 1977 and created his own Yoga school where he has been teaching French and European students ever since. He became a student of TKV Desikachar in 1983. As a musician, he showed an interest in vedic chanting and has already accompanied TKV Desikachar on two cassettes intended for western audiences: “An Introduction to Vedic Chanting” and the “Yogāñjalisāram”. He has recorded a double CD of the Yoga Sūtra and two CD with songs of his own composition and various styles of music from rock and roll to vedic chanting! With Desikachar, Martyn co-authored the book “What are we seeking?”, which has also been published in French under the title “En Quête de Soi”.

Time schedule

Friday 10.30-14.00
Recitation of Yoga Sūtra-s
+ 16.00-19.00
Saturday 9.00-12.00 + 14.00-17.00
Sunday 9.00-13.00

Course fee (Yoga Sūtra-s incl.)

€ 170 prior to Feb. 28, 2017
€ 205 from March 1, 2017
€ 50 solely for Yoga Sūtra-s

Registration and contact

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