

The Bhagavad Gita

Yoga Philosophy Series w/ Julie Heppe

Saturday, August 14th 2:00-5:00pm

\$35 in advance (\$40 at the door)

Required reading before workshop:

(3 versions of the same text) choose one version.

The Bhagavad Gita by Goswami Kriyananda

The Bhagavad Gita by Eknath Easwaran

The B. Gita: a Walk through for Westerners, Jack Hawley

- ▶ The Gita is the sixth book of the Mahabharata, one of India's most famous epic poems-completed @ 200 CE.
- ▶ Many see it as the first fully realized yogic scripture.
- ▶ Is read on many levels: metaphysical, moral, spiritual, and practical.
- ▶ The story begins with Arjuna, a famed archer, is poised to fight. But he hesitates.
- ▶ Arjuna is from the warrior caste after all, and warriors are meant to fight—but then goes on to present a spiritual rationale for battling his enemies, one that encompasses a discussion of the *karma*, *jnana* and *bhakti* yogas.
- ▶ Join us for this lively discussion on the nature of divinity, humankind's ultimate destiny, and the purpose of mortal life!

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