



“Aquarian consciousness takes you inside your soul, so that you can relate to the soul in all.”

– Yogi Bhanan

5 Sutras of the Aquarian Age at Yoga West

Monday, June 15 (7-9pm)

1st Sutra – Recognize that the Other Person is YOU

We see others as a reflection of ourselves. Qualities we admire in others are gifts that we possess. And when we have an adverse reaction to someone we have an opportunity to see our shadow. Come and embrace your light and the shadow it casts.

Wednesday, June 17 (7-8:30pm)

2nd Sutra – There is a Way Through Every Block

Like it or not, challenges will come along throughout our life. Resisting these challenges can cause us to feel stuck and drained. Embracing them presents us with an opportunity to learn and grow. As children, many of us loved to play with blocks. Bring your inner child and re-experience how much fun blocks can be.

Monday, June 22 (7-9pm)

3rd Sutra – When the Time is on You START and the Pressure will be Off

Is there anything in your life that you're putting off? Resisting doing things is, in many cases, more draining than actually doing them. Learn to apply yogic technology to create momentum in your life as you take courageous steps along the path of fulfillment and happiness.

Wednesday, June 24 (7-8:30pm)

4th Sutra – Understand Through Compassion or You Will Misunderstand the Times

One key to thriving in the Aquarian Age is going beyond an intellectual understanding of the world and learning to understand through compassion. Experience yourself as an integral part of life and open yourself to exciting new possibilities.

Sunday, June 28 (10-11:30am & 5-6:30pm)

5th Sutra – Vibrate the Cosmos. The Cosmos shall clear the path.

At a basic level we humans (and everything else, for that matter) exist as vibrations. Kundalini Yoga places a strong emphasis on chanting sacred mantras that support us in raising our vibration and reaching heightened levels of awareness. Come and experience it for yourself.

Sutras are words to live by, the threads that string life together. Learn about and experience the five sutras that Yogi Bhanan shared to support us in our current stage of human evolution, the Aquarian Age.

Where:

Yoga West (yogawest.ca)
2662 W 4th Avenue, Vancouver
(between Stephens & Trafalgar)

Questions?

Contact Tim Stringer (Rama Singh) at yoga@timstringer.com

Attend some or all classes. Pay for a drop-in or use your class package. Everyone is welcome.