

Roadmap to JOYFUL LIVING

A Master Class in
Patanjali's Yoga Sutras
with PANDIT DABRAL, PhD

Trinidad & Tobago

Monday, July 23rd to
Friday, July 27th, 2018

In all pursuits, especially spiritual pursuits, it is imperative to regularly return to the "source" for grounding, for focus, for realignment, for depth, for devotion, for inspiration. The Yoga Sutras of Patanjali offer such a source, a fountain of knowledge that is unique in the spiritual traditions of the world.

Each day of our Master Class will include:

**Morning Yoga Kriyas: Asana, Pranayama, Dhyana
Breakfast**

Morning: Master Class, First Session, Lunch, Rest

**Afternoon: Master Class, Second Session, Tea, Break,
Dinner**

Evening: Satsang, Kirtan, or Bhajans

\$2,250 (USD)

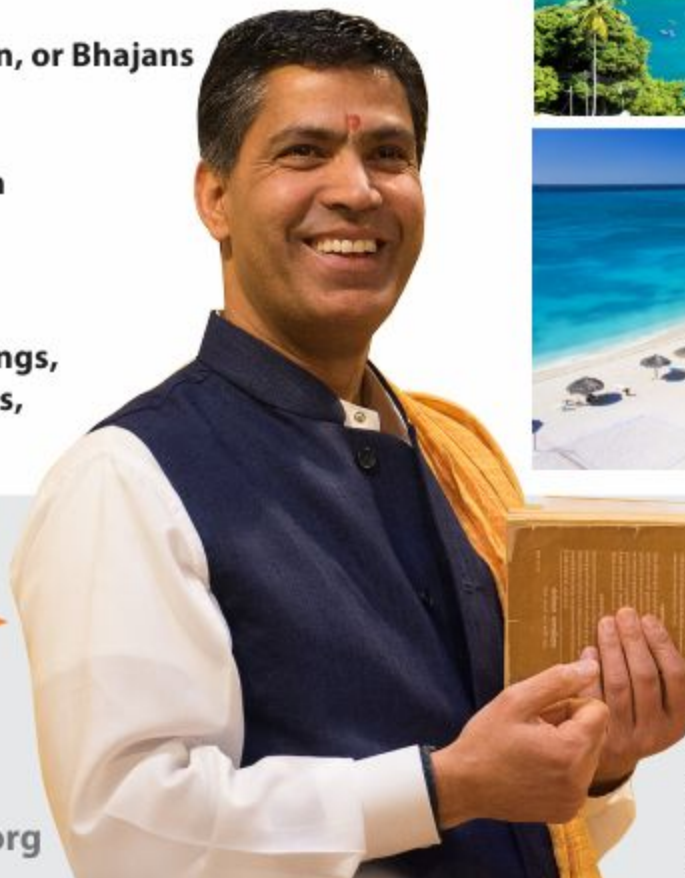
Shared Accommodation

\$2,650 Single

\$1,000 for Residents

(No Accommodation).

**Price includes all teachings,
teaching material, meals,
and accommodation.**



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To Register

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Pandit Dabral PhD

Pandit Dabral was born near Dehradun, India, in a family of Sanskrit scholars. He holds a doctorate in Yoga Philosophy and Sanskrit from Varanasi, India. Panditji has been studying and living a food sadhana based life more than 40 years.