



*Pranāms to our Guru-s*

## **YOGA SŪTRA SANGA** (*Second Batch*)

**Greetings from Yoga Vaidya Śāla and Dr. N C.**

We are happy to announce the *Inaguration of the second Batch of the*  
**YOGA SUTRA SANGA CLASSES.**

*Dear Yoga practitioners, Teachers, Therapists and seekers of the Inner Spiritual Truth,*

*Yoga Sūtra* is a complete and a comprehensive practical guide for all of us.  
It teaches us both the **principles** and the **practices**, cryptically and in unambiguous terms.

But, definitely, this Text needs elaboration from an experienced and practicing Teacher  
to instill **absolute Clarity** on all the Principles, before one undertakes the Practices.

To achieve this **Clarity**, the traditional methodology is to progress in three steps :

**Śravanam** - Hearing, intently and intensively

**Grahanam** - Grasping of that which is heard

**Mananam** - Reflecting on that which is held in memory

The YSS classes are designed to guide every ardent student  
to progress through these three mandatory and preliminary steps, imperceptibly.

The process of imbibing **Clarity** is achieved easily, when the students of this Sanga

- Delve deep into the principles of the *Sūtra* discussed, everyday, for sometime.
- Practice Reflection on the concepts of *Sūtra* on a day to day basis.
- Work in a subtle way and find the link between all the *Sūtra*-s.

Once this **Clarity** is achieved,

the practicing of the other steps in Yoga and the treading along the subsequent inner spiritual path becomes more natural and easier.

We have completed the First Batch of *YSS Classes* recently and quiet successfully. The entire study period lasted for around 4 years. During this period, I could SEE, from the emails, questions and their shared experiences, our students' inner progress, increasing Clarity and their enthusiasm to progress in their path. They taught me a lot. These experiences made me feel more obliged to continue with another Batch of *YSS Classes*.

**YOGA SUTRA SANGA (second Batch)**

*Inaguration Date : October, 17, 2024*

*Day : Thursday*

*Time : 16. 30 to 17. 30 (Indian Standard Time)*

***Course Details***

- The complete study of the Text is divided into 4 modules.
- Each module consists of 20 classes.
- Each Chapter will be completed in one module.
- The classes will be conducted on every Thursday between 16 - 30 to 17 - 30 (Indian Standard Time), by ZOOM (as in the previous Batch).
- There will be a short break in our study, in between the modules, for 3 or 4 weeks.
- This traditional method is intended for our complete digestion and assimilation of all the principles discussed during the module and to prepare the students for the next module.
- During travel and other International commitments of Dr. N C, the classes will be postponed. Every change in the schedule will be intimated to all *YSS* students, well in advance.
- We propose to initiate a *WhatsApp* group, exclusively for our *YSS* students. It is intended to fascilitate our *YSS* related communications (only). Those desirous of join this group may provide their phone numbers with *WhatsApp* facility.
- For our common understanding, a small write up will be sent to all students after each session.
- We invite *Sūtra* related questions from all students. Dr. N C will share his reflections on these questions and they will be sent through email to all, along with the write up.

***Payment Details***

***Course Fee : 250 € / module or 900 € for the entire course***

***Registration Details***

***Name :***

***Country of Residence :***

***Email address :***

***WhatsApp Phone Number:***

***(Please send the details with payment receipt)***



***Dr. N C***

***Founder, Yoga Vaidya Śāla,***



# PATAÑJALI'S YOGASŪTRA

ONLINE STUDY GROUP

In English

Each CHAPTER - 1 MODULE  
(20 CLASSES)

With  
Dr N Chandrasekaran

THURSDAY  
16.30 - 17.30 hrs IST  
Starts from October 17th

For Registration :  
[drncyogasutrasanga@gmail.com](mailto:drncyogasutrasanga@gmail.com)



## **BANK DETAILS**

**Beneficiary name: YOGA VIDYA SALA**

**A/C number : 107711100003208**

**Bank name : UNION BANK OF INDIA**

**Branch name : SALIGRAMAM, CHENNAI**

**IFSC Code: UBIN0810771 ; (used for RTGS and NEFT transactions)**

**MICR Code: 600026082**

**Bank address: 23, Arunachalam road, Chennai, Tamil Nadu 600093, India**

**Swift code : UBININBBMAD**

**(Please make the payment under the caption : Tuition Fee)**

***For more details,***

***Contact - [drncyogasutrasanga@gmail.com](mailto:drncyogasutrasanga@gmail.com)***