

# YOGA SŪTRAS COURSE

## *The Gift of Consciousness:*

An International 4-Module Course  
on the *Yoga Sūtras* in Study and Practice

Gitte Bechsgaard PhD, CIYT  
& Gloria Goldberg CIYT



Patañjali's aphorisms, known as the *Yoga Sūtras*, offer profound insight on a wide range of contemporary questions and concerns such as the search for meaning, the role of Yoga and spiritual practice (*sādhana*) in daily life, and the potential of human consciousness.

This 4-module course covers, in depth, "practice-relevant" material from the *Yoga Sūtras*. Teachings emphasize a firm foundation in the philosophical and psycho-spiritual aspects of Yoga as laid out in *Samādhi Pāda* (Book One of the *Yoga Sūtras*) and in *The Gift of Consciousness*.



## COURSE OVERVIEW

### Module 1: Fundamentals of Yoga and Yogic Psychology

In this first Yoga intensive, we will examine the model of the mind that Patanjali provides in the first chapter of the *Yoga Sūtras*. Along the way, we will explore the concept of Yoga as both the essential means and ultimate destination of the inner journey. The Vedic theory of the three essential modes of nature (*tamas*, *rajas*, and *sattva*), as well as the fundamental tenets of Yogic psychology will be discussed.

### Module 2 : Cultivation and Yogic Practice

Yogic practice is traditionally viewed as a life-long endeavor. It is an inner pilgrimage of the soul. Through practice we can come to realize our inner potential, for without cultivation, self-betterment remains an abstraction. Practice is a catalyst that brings embodied transformation to life, turning ancient knowledge into lived wisdom.

### Module 3 : Intensification and Contemplative Practice

In this 3rd module, we will explore the main contemplative practices described in Patanjali's *Yoga Sūtras*. As a group, these meditative techniques are referred to as the *citta parikarma* practices. This term encompasses a wide range of inward-minded practices all of which hold the power to calm the mind and clarify consciousness.

### Module 4 : Yoga as Mystical Trance: Cultivating Meditation

According to Patanjali, Yoga embraces a wide range of meditative states. All of these fall under the umbrella term of *samyama*. These states of super-consciousness are primarily characterized by the gradual stilling of the mind through the meditative trinity of *dharana* (concentration), *dhyana* (meditation), and *samadhi* (meditative absorption). When meditative practice intensifies, the seeker experiences a break-through of the intuitive, the sacred, and the mystical into their otherwise everyday, conditioned consciousness.

### FOR MORE INFO AND TO REGISTER:

[www.yogacircle.com](http://www.yogacircle.com)

#### LOCATION

Yoga Circle  
401 W. Ontario, #210  
Chicago, IL 60654  
312.915.0750

#### DATES

MODULE 1: Sept 4-8, 2019  
MODULE 2: TBA  
MODULE 3: TBA  
MODULE 4: TBA

**The Gift of Consciousness:  
A Course on the Yoga Sutras in Study and Practice  
Module 1: The Gift of Consciousness:  
Sept 4 - 8, 2019: Wednesday - Sunday  
10 am - 5 pm each day**

5 day course includes lecture, asana, pranayama,  
Sanskrit study and chant.

**Tuition:** \$600 per person. We recommend pre-registration and are accepting full payments or a deposit of \$150. Final payment due by August 1st.

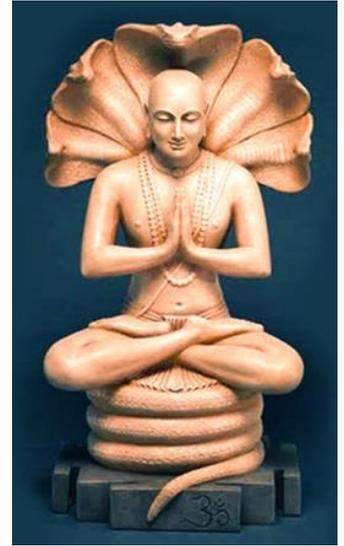
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**About the Instructors:**

**Gitte Bechsgaard**, Registered Psychotherapist, E-R.Y.T., M.T.C. is the founder of Vidya Institute in Toronto, Canada. She has been practicing Yoga for twenty years and teaching for the past fifteen. She received her foundational training in Europe at the Yoga Institute of Copenhagen (currently the B.K.S Iyengar Yoga Centre Copenhagen; 1990-1997). For the last ten years she has been studying privately with Krishan Mantri in the areas of Yoga philosophy, Sanskrit, Eastern psychology, and related Vedic disciplines. Gitte holds a degree (B.A.) in psychology from Copenhagen University and a Masters of Therapeutic Counseling from the Open International University where she also received her Ph.D. In addition, she is a graduate of the Center for Training in Psychotherapy, Toronto (CTP Dipl). Her book *The Gift of Consciousness: Patañjali's Yoga Sutras* was published in the Summer of 2013 with Cambridge Scholars Publishing.



**Gloria Goldberg** has taught Iyengar Yoga since 1980 and has been a Certified Iyengar Yoga teacher since 1987. Gloria is the director of the B.K.S. Iyengar Yoga Center of La Mesa, near San Diego. Gloria served as President of the Iyengar Yoga National Association of the United States (IYNAUS) and as a board member of the Iyengar Yoga Association of Southern California (IYASC). While director of the B.K.S. Iyengar Yoga Institute in Los Angeles, she recognized the need for a formal teacher training program. With the approval and guidance of B.K.S. Iyengar, she founded the program in 1992. Gloria is director and co-curriculum coordinator of the program. The opportunity to study with Gloria is a gift for all students. Her dedication and years spent studying with the Iyengars are very much in evidence when she teaches. Her style is pure Iyengar: clear and concise. She has the rare ability to convey intricate and sophisticated information with an economy of words, which makes her classes understandable and accessible to everyone.



**Vidya Institute Toronto**

Vidya Institute is dedicated to the teaching of Classical Yoga and ancient wisdom traditions, and offers courses of practice and study that highlight their relevance to our contemporary world.

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