

# Yoga Book Study

What we're studying:

*The Yamas & Niyamas: Exploring Yoga's Ethical Practice* by Deborah Adele

Meeting Time on the First Monday of each Month:

6:00 - 7:30 p.m.

Tentative Meeting Dates:

January 4	July 5
February 1	August 2
March 1	September 6
April 5	October 4
May 3	November 1
June 7	December 6

Note: As a group we will observe our pace and make adjustments as needed. Ideally, we could strive to focus on one Yama or Niyama per month and concentrate on that principle for the entire month. While philosophy is at hand when it comes to the ethics of Yoga, so is practice. The value of the book study is to transform our lives in positive ways as we practice.

Additional Recommended but Optional Resources:

*The Yoga Sutras of Patanjali*

Free digital versions:

<http://www.hinduonline.co/DigitalLibrary/SmallBooks/PatanjaliYogaSutraSwamiVivekanandaSanEng.pdf>

<http://www.gutenberg.org/cache/epub/2526/pg2526.html>