

YTT Philosophy Homework Weekend 2

The Path of the Yoga Sutras by Nicolai Backman

We will continue to move deeper into the understanding of key principles of yoga in our study of Yoga Philosophy. Each section is short but each concept carries much depth. My suggestion would be to read one chapter every few days.

Reading Assignment

Complete the Section Key Principles--Chapters 4-11 Pages 21-61

Read Chapter 27 Pages 135-137

Read Chapter 30 Pages 149- 152