

LAINIE DEVINA ONLINE STUDENT MENTORSHIP

AN EIGHT-FOLD PATH MASTERY OF EVERYDAY

NOVEMBER 2018

UPANISHADS

The Upanishads are ancient Sanskrit texts which seal the writings of the Vedas.

The seers received the knowledge of the Vedas through intuition (Shruti). Shruti is defined as “that which is heard by the innermost ear of the sages and seers in the deepest state of contemplation.”

We will explore 4 of the 11 principle Upanishads including: Katha (an exploration into Life/Death, Mandukya (the shortest of all that explains AUM_), Taittiriya (an exploration into the differences between pleasure and joy). Each class we will unravel their meanings and receive their profound and simple gifts.

DATES/TIMES

NOVEMBER 06 13 20 27

TUESDAYS 12:00 - 1:30 PST

TUITION

MONTH 1 \$100 ENROLLMENT begins October 18th

POINTS OF INTEREST

Below are some definitions and points of interest within the Upanishads:

- Upanishad means to sit down near or sitting at the feet of
- Written between 800BCE - 500BCE
- Important concepts are karma (right action), brahman - ultimate reality, atman - true Self - and moksha - liberation
- Rita = Law & Order + Yajna = Sacrifice
- True reality and perceived reality are the themes of the Brihadaranyaka

PREREQUISITES+

- Minimum of 3 years yoga practice
- Must have live video access using Zoom
- Yoga Teachers welcomed & encouraged
- Private Facebook Group *optional
- One-Year Access to Video Archive

*The next months enrollment will be offered to active students 3 days before enrollment is open to the public

*eNews subscribers will be invited to enroll 1 day before the public: lainiedevina.com/eNews

