

## **The Embodiment of Yoga**

### **A journey into the Bhagavad Gita**

*Translation by Eknath Easwaran*

### **Schedule**

**March 5 + 19 April 2 + 16 + 30 May 7**

\*Friday's 7:15-8:30pm

\*Totaling 6 live zoom sessions (***recorded***)

\*45 min teaching + 45 min Q & A

\*Assigned weekly reading

\*Bi-Weekly Emails to navigate the journey

(Saturdays) Guided Meditations (Monday's) Reflection & Journaling questions.

### **What is the Bhagavad Gita?**

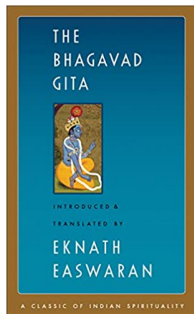
The Bhagavad Gita is one of the most widely respected Hindu scriptures in existence and has been a source of inspiration for many, many people: Thoreau, Martin Luther King Jr., Carl Jung, Gandhi & Einstein. Originally written in Sanskrit, its 700 verses are often quoted by many great personalities who believe that the *Gita* has been a guiding force in their lives. The scripture, which is often referred to as a way of life, has been translated in more than 80 different languages, with its influence spanning across boundaries and countries and has become a staple in philosophical discussions and the like.

The story of Arjuna's struggle in the BG is acutely modern. He has lost his way on the battlefield of life and turns to find the path

again by asking direct, uncompromising questions of his spiritual guide, Sri Krishna, the Lord himself. Krishna replies in sublime instruction on living and dying, loving and working, and the nature of the soul.

The BG can be read as a metaphor for life leading the reader back to a place of profound awareness, courage & strength.

### **Mahatma Gandhi**



*“When doubts haunt me, when disappointments stare me in the face, and I see not one ray of hope on the horizon, I turn to Bhagavad-gita and find a verse to comfort me; and I immediately begin to smile in the midst of overwhelming sorrow. Those who meditate on the Gita will derive fresh joy and new meanings from it every day”.*

### **Albert Einstein**

*“When I read the Bhagavad-Gita and reflect about how God created this universe everything else seems so superfluous”.*

## **Overview**

Our first session will begin Friday March 5th to discuss the introduction and opening themes. Meeting every other Friday you will be given weekly reading assignments which will be discussed in the Friday sessions. Saturday's you will receive an email with a guided meditation & Monday an email with reflection questions to deepen your understanding and experience with the *Gita*.

At the end of our time together you will have seeped in the knowledge, art & wisdom that couldn't be more applicable and necessary for our current state of existence.

**Register now and begin reading the introduction, pg. 1-67!!**  
**Translation by Eknath Easwaran**

*Please share with anyone who may be interested or looking for support!*