

# IYENGAR YOGA HONOLULU

presents

## Understanding Basic Philosophy and Yoga: Two Talks by Ray Madigan

Yoga is a practice based on Samkhya philosophy. Samkhya describes the nature of the self and its relationship to the material world. Two talks will be given by Ray Madigan to explain the practices of yoga as a practical application of yoga philosophy.

Ray is a Senior III Certified Iyengar Yoga Teacher and Co-Director of Iyengar Yoga Honolulu. He is a long-time, ardent student of yoga philosophy and has a knack for imparting it with clarity, eloquence, and humor.



- ◆ **First Talk:** Ray will explain in simple and understandable terms the basic concepts of Samkhya philosophy.
- ◆ **Second Talk:** Ray will present the various practices of yoga and why they are important.

Each talk is one hour, after which participants are free to stay for a half-hour of questions and answers. These sessions will give students a good foundation for future yoga philosophy workshops at Iyengar Yoga Honolulu.

We welcome everyone from all yoga disciplines, with any level of interest and study. We're confident all yoga practitioners will find these talks fascinating and helpful in their approach to their practice and life.

**WHEN:** Sundays, October 20 and November 3, 2019

**TIME:** 2-3 PM

**WHERE:** Iyengar Yoga Honolulu in Manoa Marketplace

**COST:** \$15 per talk

For more information: call Ray (808)386-9374 or Shelley (808)382-3910

### REGISTRATION FORM

Understanding Basic

Philosophy and Yoga:

Two Talks by Ray Madigan

NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

I am registering for:

Sunday, October 20, 2019 \$15

Sunday November 3, 2019 \$15

Total amount enclosed: \$ \_\_\_\_\_

Please make checks payable to Iyengar Yoga Honolulu and mail with registration form to:

IYENGAR YOGA HONOLULU

2752 Woodlawn Drive, Suite 5-203

Honolulu, Hawaii 96822

IYENGAR YOGA  
HONOLULU

*For the Practice of a Lifetime*