

2010



SANTA BARBARA YOGA CENTER

Advanced Studies

&
Yoga

Teacher
Training
Program



History & Philosophy of **Yogā**

with

christopher tompkins

September 17, 18, 19, 2010

Dates:	September 17, 18, 19, 2010: One weekend (17 hrs)
Times:	Friday, September 17: 6:00pm – 9:30pm Saturday, September 18: 12:15pm – 4:30pm & 6:00 – 9:30pm Sunday, September 19: 12:15pm – 6:00pm
Place:	Santa Barbara Yoga Center • (805) 965.6045 32 East Micheltorena Street, Santa Barbara, CA 93101
Prices:	\$300 if full payment (deposit plus balance) is made by August 6, 2010 \$350 if any remaining balance is paid after August 6, 2010
Deposit:	\$100 deposit required to reserve your place, is refundable (minus \$75 cancellation fee) only until 8/20/10
Balance:	Balance is due by, and is only refundable until, August 20, 2010. NO REFUNDS after 8/20/10

HUMANITY'S QUEST FOR SPIRITUAL REALIZATION: THE 2,500 YEAR EVOLUTION OF THE YOGA TRADITION

The evolution of Yoga represents the history of the human quest for spiritual freedom. The philosophical outlook of Yoga developed along with its practices; like the building of a pyramid, each new layer was built upon what came before, and was sometimes developed in revolutionary ways. The 3,000 year evolution of Yoga thus represents the a continual refinement of the means by which human beings, throughout South India and beyond, from the ancient masters to modern Western Yogis, have interpreted the causes of sufferings and have sought a more direct means to happiness and fulfillment. Thus, the story of Yoga's evolution is our own story.

Rather than approaching the Yoga tradition as representing disparate streams of practice that show up in seemingly unrelated traditions (Yoga in the Bhagavad Gita vs. Yoga Sūtra vs. Tantric Yoga, etc.) this seminar will give a broad, comprehensive and clear presentation of how Yoga evolved over time - each tradition built upon what was established before.

Current books on the 'History of Indian Yoga' largely leave out the Tantras because we have very little on Tantric yoga in translation - until now. Our study group will be treated to this new insight, which has been the main focus of the research and publication work of Christopher Tompkins. He will present texts - which he has been discovering and translating - of never before heard teachings, including the source Tantric passage(s) of postural yoga. Thus students and teachers will learn that Tantric Yoga re-shaped the central tenets of earlier Yoga schools: and that the hatha yoga practices that derive from Tantrik sadhana (daily ritual practice), which have been handed down to us today, are based on the unique, life-affirming view of the pan-Indian medieval development known as Shaiva Tantra.

SYLLABUS:

- I. Discovering the Source of our Inner Fire: The Roots of Yoga in the Vedic Traditions (1500-100 b.c.e.)
- II. Buddhist Yoga: The Flow of Consciousness and the Discovery of our own Buddha Nature
- III. Bhagavad Gītā: Devotional Yoga and the Revelation of the Divine in Worldly Existence (ca. 200 b.c.e.)
- IV. Classical Yoga (The Yoga Sūtra): Spiritual Realization through Dissolving the Mind (ca. 300 c.e.)
- V. Advaita Vedānta ('Non-Dual' Vedānta): Shankara's Vision of Sudden Enlightenment and the Role of Māyā (Universal 'Illusion')
- VI. The Evolution of Tantric Yoga (ca. 6th-13th centuries, c.e.)
- VII. The Development of Modern Hatha Yoga

About Chris:



Christopher Tompkins, MTS, MA, PhD track, has 3 degrees in Religion and Sanskrit, including Master's Degrees from Harvard and from UC Berkeley. His doctoral dissertation focuses on the tantric Origins of Hatha Yoga. Christopher lectures nationally in Universities and Yoga centers on the history, philosophy, and practices of Indian Yoga. He is the co-originator of the Foundation for Yoga (www.yogasthana.org).

Christopher Tompkins says of the intention in his research:

..."To introduce YOGA to the world as not a static entity rooted in the past, but an ever-evolving, conscious doorway to the divine whose 2,000+ year evolution, at every stage of its development, is the story of the human being's quest for spiritual fulfillment, a story that we embody today in our own practice."

"Chris did not speak over or down to his audience, but rather smoothly translated his vast knowledge of ancient practices to us in an effortless approach. His ability to present the information and interweave breathing practices into his teaching made the processing of learning the practice more relevant and integrating than other classes I have taken. Chris used the energy of his audience to translate the stories of Buddha and the ancient yogis in a manner that was easily understood by all."
-U.C Berkeley Student