

# YOGA SUTRA & MEDITATION MASTER TRAINING



## KEY MESSAGES

Provided below are a collection of key points, including course themes and main topics covered for each course. Please read through the info, feel free to cut and paste it exactly as it is, or communicate the essence of message in your own authentic way. Whatever you feel will have the greatest impact with your audience.

If you have any questions about any of the content, please reach out for clarification.

### YOGA SUTRA MASTER TRAINING

1. Meditation is the heart and Soul of Yoga. Without Meditation, its not possible to receive the full gift of Practice, nor understand the brilliance and luminosity of our own incredible mind.
2. Patanjali's Yoga Sutra is considered Yoga Shastra – the final authority on Yoga.
3. In this online Master Training, we will not only break down the hidden teachings within the Yoga Sutra, including the extraordinary Meditation techniques

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encrypted within its pages, but also put in place a powerful, time-tested strategy for your own evolutionary daily Meditation practice.

## TOPICS COVERED:

- Developing a highly efficient and dependable personal daily Meditation practice as taught by ancient Masters such as Patanjali and Buddha.
- Learn how to access your personal, inner field of innate joy, wisdom and fulfillment.
- Cultivate tools to move beyond anxiety, worry, stress and fear.
- Demystify Enlightenment and Samadhi.
- Learn about Patanjali – the Man and the Myth
- Plus, teachings on Karma, the mind, the Soul and the purpose of human life.