



'Philosophy and Practice in the Major Paths of Yoga'

with **Peter Douglas**

Lectures to be held at THE YOGA DEN

43 Vulture St West End as part of Yoga Presence

Teacher Training

The weekend program takes a look at the relationship between philosophy and spiritual practice in the major paths of yoga: karma, jnana, classical, bhakti, tantric, and hatha-yoga, as well as modern forms of yoga.

Each session examines one of these yogas, and demonstrates how the practices that are associated with them are shaped by its philosophical principles, and how these principles are themselves a form of spiritual practice.

Peter Douglas has been a student of yoga and meditation in various forms for over twenty years, and has taught both for nearly a decade. He has a PhD in philosophy and lectured on various topics in European philosophy at both the University of Queensland and Griffith University in Brisbane for five years. His research interests span both European and Indian traditions, and include the nature of the relationship between philosophy, spirituality, and the cognitive sciences. He now lives in Melbourne where he's an honorary fellow in the philosophy department of the University of Melbourne, and is working on some writing projects.

Payment to Yoga Presence : AMP Bank

BSB : 939200

Acct : 656036555

TIME : 12noon – 5.30pm

DATE : Sat 3rd & Sun 4th July

COST : \$220 full \$180 conc

