

# Developing potentials

Patanjali's Yoga Sūtra – third chapter

By Martyn Neal, France

June 6-8 2014, Stockholm

YOGA I TRADITION AV T KRISHNAMACHARYA

We all have innumerable potentials. Some of these are generated via elements linked to our family background, education, our work, cultural factors and so on. However it is possible to consciously bring out hidden possibilities within us through the application of certain practices which Patanjali expounds in his Yoga Sūtra. The third chapter explains this in detail.

It is based on deep enquiry into things related to ourselves and life, and the heart of the matter is meditation. Pursued on a long term basis it will inevitably reveal resources of which we were unaware and also increase knowledge.

But knowledge is not wisdom, and extraordinary capabilities will not necessarily engender peace. The author reminds us that Yoga practice should afford us steadily growing clarity and peace of mind.

During the course, both through practical sessions and lectures, Martyn will endeavour to share with you the understanding of the important elements developed in the third chapter as he has learnt it from his teacher, TKV Desikachar.

Chanting will also be included in the course, since it is a part of practice which helps enormously in developing concentration.

#### Time and place

6-8 June 2014

Friday and Saturday 09.00-12.00 +  
14.00-17.00, Sunday 09.00-13.00  
GIH, Idrottshögskolan Stockholm

#### Registration

The course is open to both yoga teachers and yoga practitioners. Please contact Yogaskolan for registration or further information.

**Course fee** 3200 SEK

#### Contact

E-mail: [info@yogaskolan.se](mailto:info@yogaskolan.se)  
[www.yogaskolan.se](http://www.yogaskolan.se)  
[facebook.com/yogaskolanutbildning](https://www.facebook.com/yogaskolanutbildning)  
Hanna Staaff: +46 70-353 87 38  
Karina Freij: +46 70-653 30 75

## Martyn Neal

Martyn Neal became interested by yoga practice in 1972 in England, having completed a teacher training course 1977, he moved to the South of France and became a full time yoga teacher. Before leaving England, he discovered the teaching of T. Krishnamacharya. This seemed to him as the most appropriate vision of yoga for westerners or for those

whose outlook goes beyond purely physical considerations.

Martyn began study with Desikachar himself in 1983 and has continued to study with him for now 30 years.

Using his yoga school in Narbonne as a base, Martyn, gives individual and group tuition both for yoga and chanting, as well as conducting his teacher training courses.



# Yogaskolan.se

[info@yogaskolan.se](mailto:info@yogaskolan.se) • [www.yogaskolan.se](http://www.yogaskolan.se)