

Yoga and the Art of Flourishing

Dearbhla Kelly M.A.

Yoga is a system of techniques designed to help you thrive and experience optimal wellbeing. Many of us think of yoga as a physical practice, but Patanjali divided yoga into eight limbs and the first two are the *yamas* and *niyamas*, while *asana* comes third. Usually translated as 'restraints' and 'observances,' the *yamas* and *niyamas* are set of practical guidelines for living a life of excellence, resilience and connection.

Far from being esoteric concepts, the *yamas* and *niyamas* are pathways to flourishing and self-mastery. As such they are applicable not just to your yoga practice but to your entire life. As your yoga journey deepens, it is inevitable that the *yamas* and *niyamas* become more interesting and relevant.

We will approach the *yamas* and *niyamas* as practical tools for enhancing your life and thriving even in the midst of suffering. Expect a lively and fun discussion. Great for teachers who want to learn how to weave the *yamas* and *niyamas* into teaching *asana* classes.

Some *asana*, lively discussion.