

Samkhya-Yoga: The Goal & the Path

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11:00 a.m. -12:30 p.m.

Sambodh Center for Human Excellence

6363 N. 24th St., Kzo, MI 49004



DESCRIPTION: Samkhya, one of the earliest Indian philosophies, set forth a description of the processes of creation and the composition of the universe that still resonates today. By carefully defining the elements that make up a human being and how humans fit into the cosmos, Samkhya laid foundations for theories of health in one's physical life, and the means to liberation from the cycle of rebirth in one's spiritual life. Yoga was combined with Samkhya as the method for achieving this liberation. Cybelle will present an overview of the Samkhya worldview in order to explain the 8 steps of the Yoga path.

Vegetarian Potluck follows the Service

You are welcome to bring a dish to pass.