



瑜珈哲理工作坊

《博伽梵歌》是一本重要的瑜珈經典，記載了阿朱那王子，從無助惶恐，走向清晰天命的過程。

第二篇「知識之路」是整本《博伽梵歌》的輪廓概要，因為人終其一生都是在「認識自己」的路上，這才是世間最重要的知識。

工作坊將分享第二篇的精華，從阿朱那王子的身上探討從困境中成長的歷程。

芸芸將會用生動、有趣又輕鬆的方式，以一個又一個的故事，引導參加者認識瑜珈哲理。

您將會發現，**瑜珈哲理超實用**！

地點是在依山傍水的長洲山頂，清幽寧靜，假期充電最佳選擇！



瑜珈

古籍

健康蔬食

依山傍水

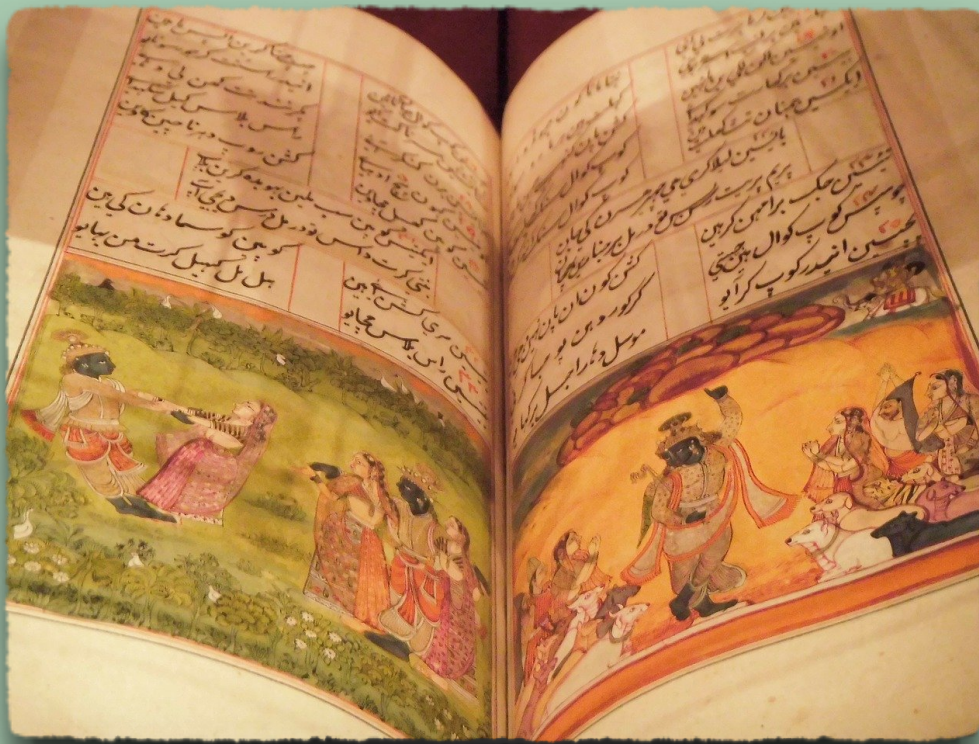
你我都是阿朱那王子

面對人生的轉變，我們如何重新出發？
讓我們一起從瑜珈古籍《博伽梵歌》獲得啟發。

2021年復活節假期，來趟長洲，
參加瑜珈工作坊
調整您的身心，再次出發！

3/15前報名可享優
惠價HKD650(每人)

日期：2021年4月4日(Sun)或4月5日(Mon)，擇一參加
時間：10am ~4pm 費用：HKD800/每人 包含素食輕食
報名或查詢：+852 92275963(whatsapp) 或 芸.瑜珈.相(Line) 或電郵
yunyunjuang@gmail



Yoga Philosophy Workshop

Yoga

Wisdom

Bhagavad Gita is an important yogic scripture which details how Prince Arjuna rose from his own confusion, clarified his life vision and fulfilled his personal calling.

Chapter two, path of knowledge, is the essence and summary of whole Bhagavad Gita because ultimately knowing oneself is the most precious knowledge in this life.

Based on Chapter two, this workshop will introduce the essence of the Gita step by step by using stories and interactive activities.

After this workshop, you will find yoga philosophy is so practical and useful!

Veggie

Nature

We are Arjuna!

**Facing challenges, how can we move forward?
Let's learn from Bhagavad Gita.**

2021 Easter Holidays ,
come to join us in Cheung Chau
Have your mind and spirit inspired
by yogic wisdom!

Special offer at
HKD650 per person
before 3/15

Date: 2021/4/4(Sun) or 4/5(Mon)

Time : 10am ~4pm Fee : HKD800 per person including veggie light meal

Inquiry/ Registration: +852 92275963(whatsapp) or email at yunyunjuang@gmail



關於工作坊 About this workshop

從一整天的工作坊，您可以了解到：

◆ 學習瑜伽哲理的用處？

What can we learn from yoga philosophy?

◆ 《博伽梵歌》簡介與其在瑜珈古籍中的重要性

The introduction of Bhagavad Gita

◆ 以故事場景，階段性引導參與者學習《博伽梵歌》第二篇「知識之路」

By story-telling, to facilitate participants to study the chapter two, the path of knowledge

◆ 從《博伽梵歌》，清楚學習到在人生中跌倒了，如何再度站起來，一步步，繼續前行。

Step by step, we will learn how to get up and move forward in facing challenges according to yogic wisdom.

第二篇「知識之路」是整本《博伽梵歌》的輪廓概要，因為人終其一生都是在「認識自己」的路上，這才是世間最重要的知識。

Chapter two, path of knowledge, is the essence and summary of whole Bhagavad Gita because ultimately knowing oneself is the most precious knowledge in this life.



關於芸芸

追隨來自印度的Prasad老師學習瑜伽多年，在其指導下研讀《博伽梵歌》、《瑜珈經》以及傳統瑜伽哲理。

深受恩師影響，芸芸將瑜伽哲理生活化，透過文字和圖像，分享她一路以來受益於瑜伽智慧的成長。在台灣和香港舉辦多次工作坊和瑜珈營。

I have been studying yogic scriptures including Bhagavad Gita and Yoga Sutra under the guidance of my Guru Prasad Rangnekar. I am profoundly benefited by yogic philosophy and feel the wisdom is still relevant in modern time. Throughout years I have organised various yoga workshops and retreats to spread the joy and learnings from Yoga.

更多關於芸芸的資訊

網站：<https://www.yunyogaportraits.com>

臉書&IG:Yun.Yoga.Portrait

更多Prasad 老師的資訊：

<http://www.yogaprasad.in>