

## Why the Sutras? Part II ...

Dear Friends,

Here's yet another perspective on why I chose the Sutras as a focus for reflection during the upcoming retreat in August. Allow me a few more comments in that regard and then I promise to leave things be : )

I chose the sutras as a theme because my deeper understanding of them brings me contentment, peace and joy on a regular basis. I would like to share that understanding with both my longtime friends and anyone else that wants to both experience the joy that is our nature, and who might also want to be able to share that joy with those they know.

The weekend will be a fun mix of yoga asanas, breathing and guided meditations. Interspersed amongst those long, easy to participate in practices will be short instruction and discussion on what the sutras are and how you can use them in your daily life to remember the joy and happiness that is the true Nature of being alive.

I realize in my early releases it may have appeared we'd spend a lot of time looking at suffering, which I now understand would seem pretty heavy to invest your time and money in....don't we have enough already??

Please reconsider participation knowing that as Hatha yoga students that Ha = sun, tha = moon, representing the polarities of life, just as joy/suffering are a polarity of reality. My intention for the weekend is that by exploring the sutras each of you can experience more joy AND less suffering in your life.

Please feel free to contact me personally with any further questions.

[matt@yogatherapy.com](mailto:matt@yogatherapy.com) Hope to spend some lazy, August dog-days time together and wishing you a wonderful summer until then.

Warmly,

matt