

Moksha Yoga Center

Patanjali Sutra Study Schedule - **Fall 2025**

Mondays 7:30-8:45pm | In-Studio & Online Zoom

Fall 2025 - Yoga Sutras Study Course Part 1

with Daren (Madhava Das) & Max (Surya Das)

No Class	09/01/25	Labor Day Holiday		
Class #1	09/08/25	Lesson 1	Sutras 1.01-1.05	Introduction to the Sutras
Class #2	09/15/25	Lesson 2-3	Sutras 1.06-1.16	Types of Thought-Forms
Class #3	09/22/25	Lesson 4-5	Sutras 2.01-2.11	Kriya Yoga & the Causes of Pain
Class #4	10/14/25	Lesson 6	Sutras 2.12-2.25	Breaking the Alliance of Karma
Class #5	10/21/25	Lesson 7-8	Sutras 2.26-2.34	Discernment & the 8 Limbs
Class #6	10/28/25	Lesson 9	Sutras 2.35-2.39	Results of Yama's
Class #7	11/03/25	Lesson 10	Sutras 2.40-2.45	Results of Niyama's
Class #8	11/10/25	Lesson 11-12	Sutras 2.46-2.53	Asana & Pranayama
Class #9	11/17/25	Lesson 13-14	Sutras 2.54-3.03	Meditation Sutras
Class #10	11/24/25	Review		

Fall 2025 - Bhagavad Gita Study Course

with Subala Das

Class #01	9/03/25	Intro to Bhagavad Gita		
Class #02	9/10/25	Intro to Bhagavad Gita		
Class #03	9/17/25	Intro to Bhagavad Gita		
Class #04	9/24/25	Intro to Bhagavad Gita		
Class #05	10/1/25	Intro to Bhagavad Gita		

Winter 2025 - Yoga Sutras Study Course Part 2

with Daren (Madhava Das) & Max (Surya Das)

Class #11	12/1/26	Lesson 15	Sutras 1.17 - 1.18	Types of Concentration
		Lesson 16	Sutras 1.19 - 1.22	Efforts and Commitment
Class #12	12/8/25	Lesson 17	Sutras 1.23 - 1.29	The Nature of OM
		Lesson 18	Sutras 1.30 - 1.32	Obstacles and Solutions
Class #13	12/15/25	Lesson 19	Sutras 1.33 - 1.39	Stabilizing and Clearing the Mind
		Lesson 20	Sutras 1.40 - 1.51	Results of Stabilizing the Mind
No Class	12/22/25	Homework & Final Test Due		
