

# Satsang with Paul Cabanis At Yoga House!

Come together in community,  
converse, reflect and share.  
Last Thursday of the month  
7:15-8:45pm  
In-Studio Only



Silence, sound and dialogue  
will be offered.

**A**ccording to karmic theory one incurs karmic debt when receiving teachings. This debt can be repaid by either making offerings to the source of the teachings and/or by passing them along.

Yoga practice can be seen as a three-tiered process of Sadhanasang, Sastrasang and Satsang. Of these the first two are personal endeavors and the last refers to gathering in community. **All of them however are understood as functions of a close knit family of people interested in Reality. This is indicated by the root "sang" referring to sangha (community).**

Sadhana refers to individual practice, Sastra to studying teachings pertaining to that practice and subsequent realizations and finally Sat to Being/Reality which in the case of **Satsang means being together** and sharing perceptions/realizations so as to avoid becoming locked into any isolated point of view and to learn about the great variety of perspectives. *Join us to converse, reflect and share as a community!*

**Satsang with Paul Cabanis**  
**Last Thursday of each month, 7:15-8:45pm**  
**Suggested Donation \$20**  
**Space is limited! Pre-registration recommended.**  
**Please call (626) 403-3961**

