

Wind of Prana and Waite Yoga

Upanishads and The Science of The Rishis Course

Syllabus

1. Upanishads: Revelations of Timeless Truth
 - a. History and Essence
 - b. Mandukya Upanishad – Detailed Study
 - c. Detailed study of all 11 major Upanishads and 4 minor Upanishads
 - d. Science Connection to Upanishads
2. The Rishis: Spiritual Scientists at the Dawn of Time
3. The Vedas:
 - a. Royal road to knowledge
 - b. Astronomy, astrology, and mathematics
 - c. From the speed of light to the leaves on the tree
4. The Puranas and Itihasas: Sources of History, Psychology and Science
5. The World of Maya: What Reality Is
6. Desha and Kaala: Exploring Space and Time
7. Mantras and Yantras: The Power of Sound and Symbols

Textbooks:

“The Upanishads” - Eknath Easwaran

“The Science of the Rishis” – Mataji Devi Vanamali