



The Talk Series

YOGA & SPIRITUALITY

An exploration of the four spiritual paths

Srimathi Shoba Kanagaratnam

Certified Yoga Instructor, Founder – Shine with Shoba Yoga

Sunday 9th Oct 2022, 6.00 PM

@ Community Cultural centre, 3A Dwyer Road, Oaklands Park SA 5046

Maharishi Patanjali defines Yoga as the suspension of all the functions of the mind. Yoga comes from the Sanskrit word “Yuj” which means to join. It is a science that teaches us the method of joining the individual soul (Jivathman) with the Supreme Soul (Paramathman) through Saadhana (spiritual practice).

Yoga is the basis of Sanaathana Dharma advocating Peace and Unity. The ultimate aim of Yoga is communion with the Supreme.

Karma Yoga, Bhakthi Yoga, Raja Yoga and Jnana Yoga are the 4 spiritual paths of Yoga for Self-Realisation.

The presentation will give a deeper insight into the different paths of Yoga that lead to one's Spiritual Growth and will benefit all age groups.

About the Speaker: Yoga and Meditation are the foundation of Srimathi Shoba Kanagaratnam's life. Her father was her first Guru. He believed that, in order to be successful in life, one must have sound health, physically and mentally. She was trained in martial arts, Bharathanatyam and competitive swimming. As a young girl, she was drawn to the learning of Bharathanatyam, Thevaram (ancient Tamil religious, spiritual compositions) and Sanskrit.

Shoba practiced law and was a high-school teacher in Malaysia. After moving to Adelaide, she decided to teach Yoga. She is a certified Sivananda Yoga instructor from the Sivananda Yoga Vedanta Centre, Kerala, India. She conducts Traditional Yoga & Meditation classes, workshops and retreats in the McLaren Vale region.

