

*Turiya*  
YOGA ACADEMY

# At the Source of *Yoga*

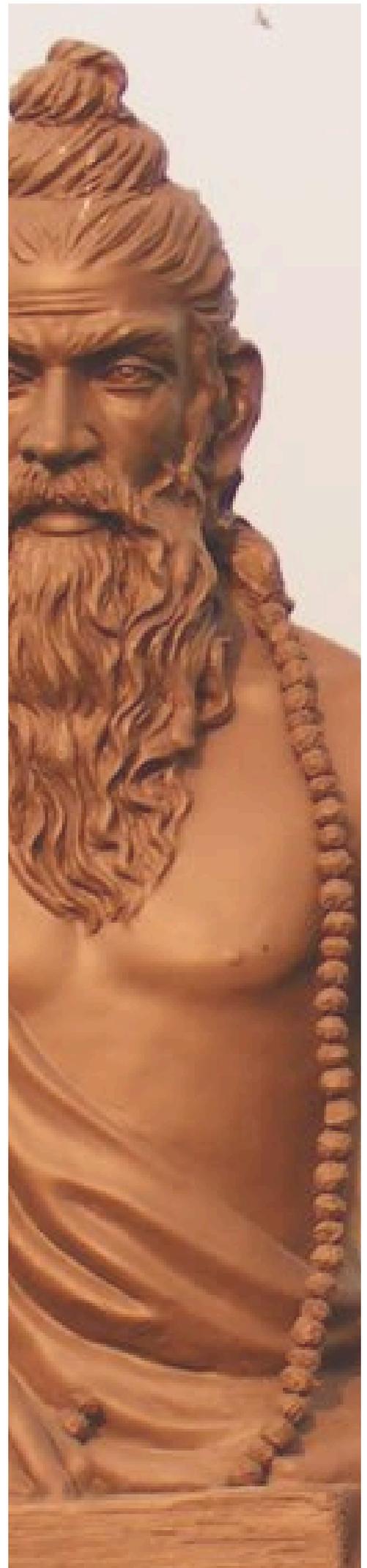
START:  
SEPT 30

a complete course on the  
Patanjali Yoga Sutra

held by Vimal Sharma  
and Simone Carbonardi

# At the Source of *Yoga*

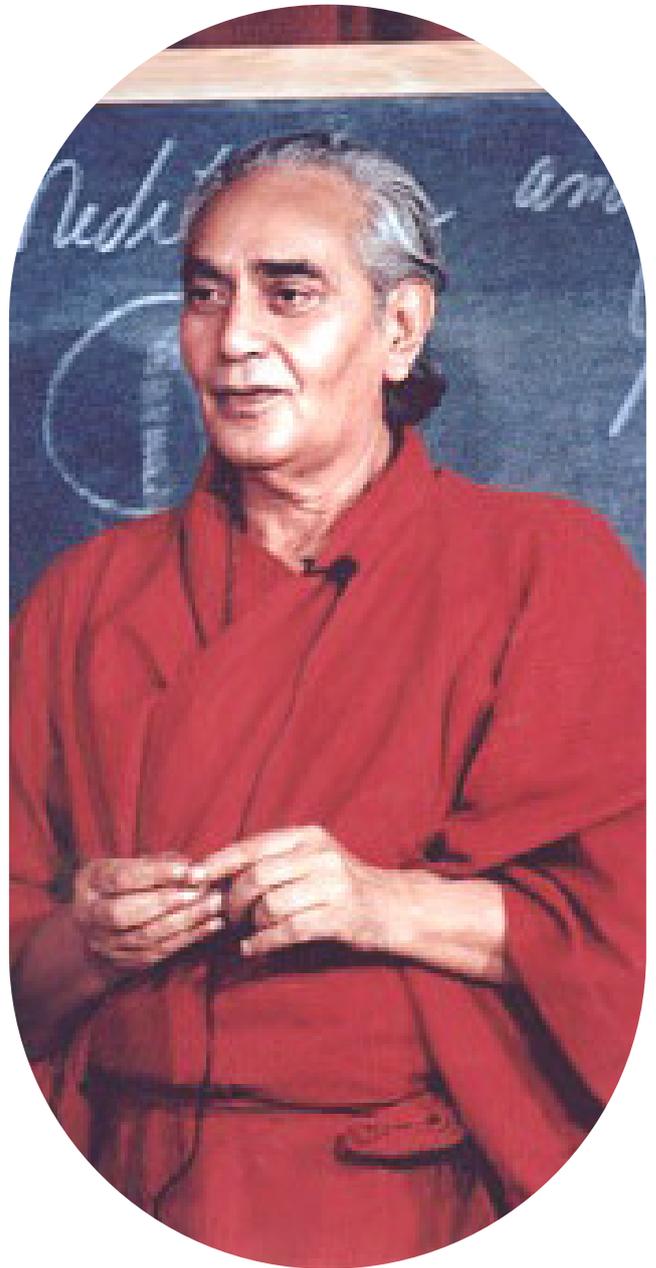
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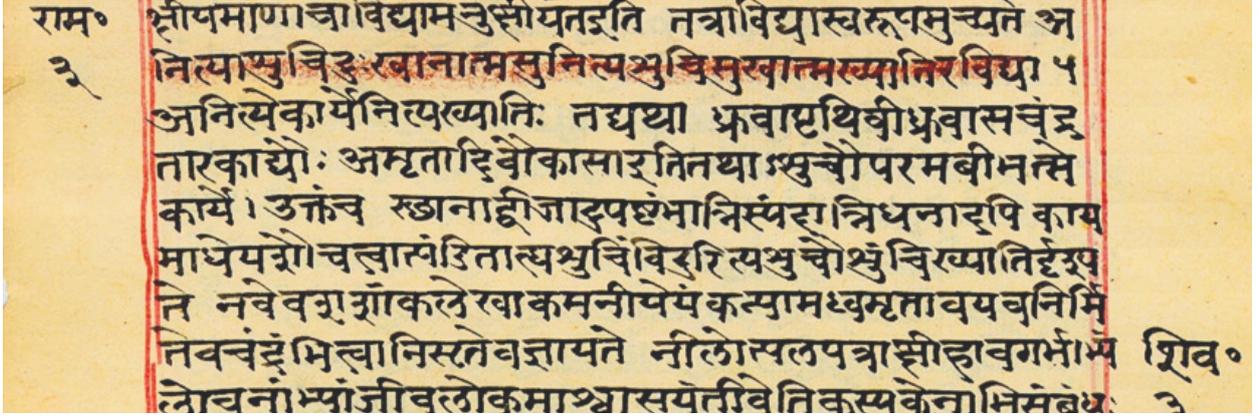
# The Course

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According to our tradition we think that **Yoga Sutra text** should be well known by every Yogin and - even more - every Yoga teacher and trainer. The knowledge of Yoga Sutra's give us the opportunity to better understand what Yoga represent on top on practice and techniques. This text refers to any person who aims to walk the path of Yoga Darshana, and it's organized to lead any single awareness from the very beginning to the complete realization. The Yoga Path will be clear since the beginning of our study, and a deep engagement is required to all the students who wants to approach to it: anyone need to be motivated and strong-willed to reach concentrations skills.



The course will be divided into 4 modules that retrace the 4 chapters of the text:



## I. Sāmadhi Pāda

Every tradition and text agrees that ‘Yoga is Samadhi’: for this reason, it is necessary for a Yogin to be fully aware of the meaning of this beautiful word.

In this part of the study we will deep dive into the Yoga Discipline by stating it’s purposes, models, and strategies. Also, we will experience a range of technical terminologies that can show us how to build a harmonious and efficient mind. A mind that is ready - in a conscious way - to turn its attention from what we currently consider "the self" towards what we will be able to understand as “the whole”.

## II. Sādhana Pāda

The second chapter refers to those who don’t have the ‘blessing’ of that high intensity that allows anyone to understand the Yoga Science only studying the first chapter.

The Sadhana Pada text offers, through its study, the possibility to have access to a set of wonderful tools that allow you to modify the mind-field and its relationship to the context. It deep dive into the human disease and the Law of Karma’s role inside the discipline. This text clarifies the whole system that is usually known as “Ashtanga Yoga”.

## III. Vibhūti Pāda

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In this module, we will speak about the most muddled topic in Yoga history, misinterpreted as the “superpowers Chapter”. The Vibhuti Pada describes the resultant shapes – also called “modes of being” – of using Sadhana Pada’s tools. The more a Yogin masters a tool, the better accurate that tool becomes: the result is a particular “ground of perfection” or siddhi. Siddhi, that is the greatest earthly attraction that could gotten off anyone from the path.

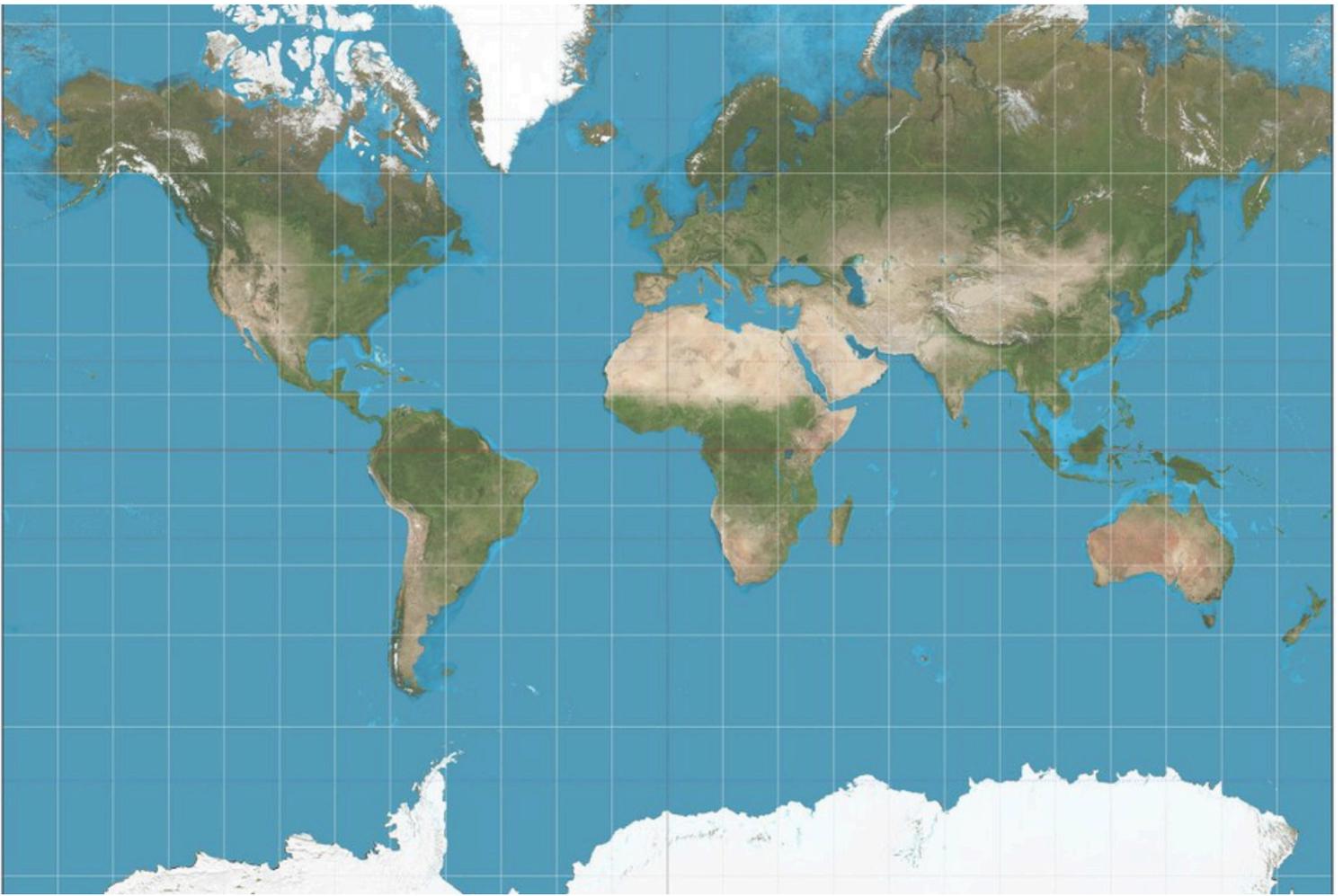
We will learn to better understand the concentration function of our intellect and learn to comprehend the infinite speed and precision with which our attention can be turned.

## IV. Kaivalya Pāda

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In this last module we will face the real work that Yoga is capable of reducing. We will speak about how the state of Samadhi leads to a human being who - having recognized the own true nature - knows how to place in the own life and in the fullness of the own precious singularity. This is the chapter that brings together all the modes of being created by the third chapter. It integrates and unites them so that one's whole being is guided by a single rule, principle, law, that allows anyone to realize the most suitable reality. The chapter that makes the yogin free from all kinds of afflictions allowing anyone to bloom his full representative power.





# When, Where

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The course will be **online on Zoom Meetings** and will last 2 years. Each chapter is going to last 6 months and 1 week. At the end of each chapter there will be a 3 weeks of no lessons. Each lesson last 2 hour and a half.

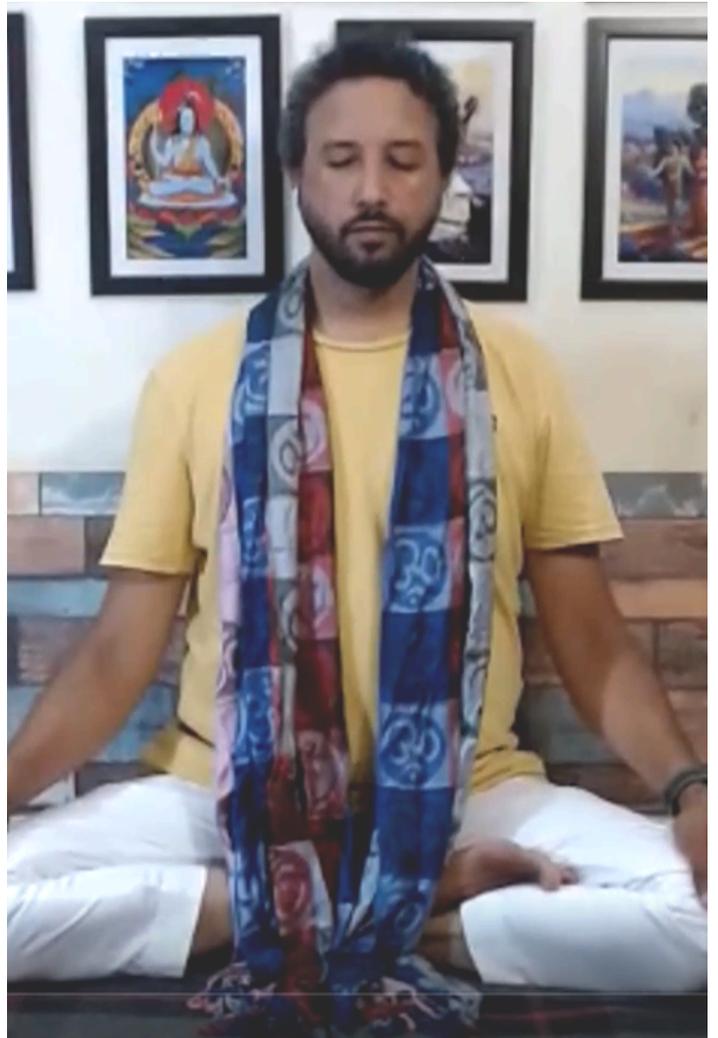
**We will meet every monday at 3:15 pm (italian time) and will last untol 5:30 pm (italian time)**

Each lesson and activity will be recorded it can be always viewed on Vimeo by all participants who are unable to follow it live.

# Class Structure

## 1. Q&A (15 mins)

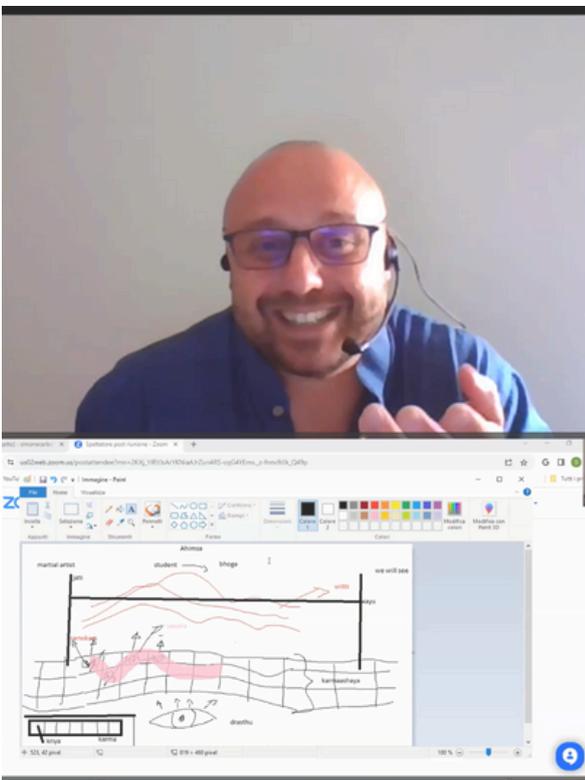
The initial fifteen minutes will always be dedicated to explanations of each question received on the group relating to the previous lesson, if no questions have been received, the time will be reduced to two hours. -



## 2. Lesson (2 hours)

Explanation of the daily sutra and its aspects

During the week, teaching texts, class summaries and other resources will be shared by the Academy on Google Drive



# Certifications

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Participants will have the possibility of being certified, according to the number of hours acquired, at the end of each module as Yoga Alliance International continuing education. It will be possible to add for every chapter +50 hours to the participant RYT certificate. Is not going to add any additional cost.



# The Teachers



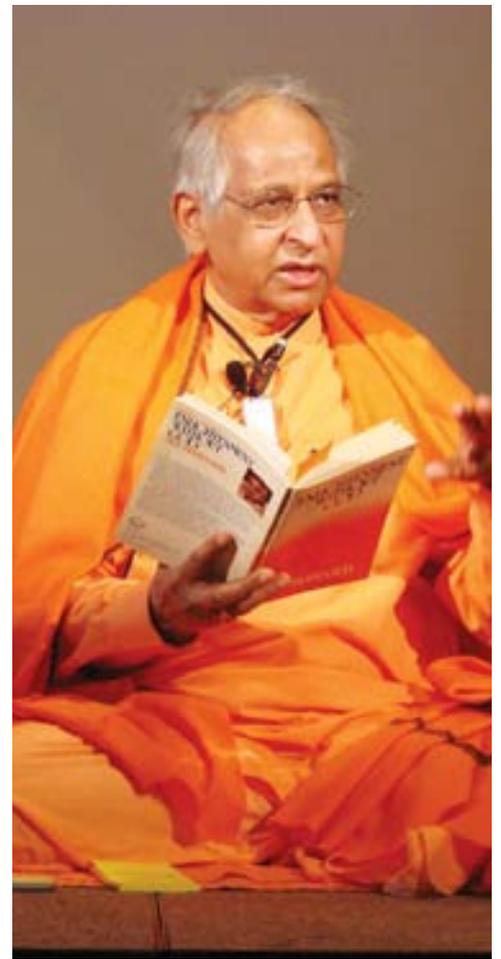
## VIMAL SHARMA

Direct disciple of Swami Veda Bharati, Vimal holds a Bachelor's degree in Sanskrit, a Master's degree in Philosophy, a Master's degree in Yogic science, a Master's degree in Vedic astrology (pursuing), the certification of four years of residency in Ashram programme (with 2006 class of "Swami Rama Institute of Meditation and Interfaith studies" at "Swami Rama Sadhaka Grama" - Ashram in Rishikesh). ERYT Yoga Alliance US



## SIMONE CARBONARDI

Direct disciple of Vimal Sharma, Simone is one of the 40 Master Yoga Teacher Yoga Alliance. Author of the commentary "Samadhi Pada - Commentario agli Yoga Sutra di Patanjali" and of the poetry book "Yoga in Prosa". Simone teach Yoga and Meditation in his Turiya Yoga Ashram, a place entirely dedicated to Himalayan Masters.



# The Academy

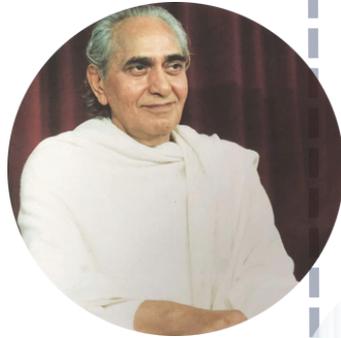
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Turiya Yoga Academy is the yoga academy founded in 2015 by Simone Carbonardi in Frosinone. The Academy draws on its roots in the Himalayan Masters tradition that includes illustrious Masters such as Swami Rama and Swami Veda Bharati; a connection that was made possible thanks to the continuous exchange between the Masters Vimal Sharma and Simone Carbonardi (founder of the research center) who meet annually in India.



# The Himalayan Lineage

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**Swami Rama**

*1925 – 1996*



**Swami Veda Bharati**

*1933 – 2015*



**Swami Ritavan Bharati**



**Vimal Sharma**



**Simone Carbonardi**



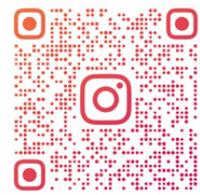
# Turiya Yoga Ashram

📍 Via Castelmassimo 311, Veroli  
(FR), Italy

📞 0039 3347863424

✉️ [segreteria@turiyayoga.it](mailto:segreteria@turiyayoga.it)

🌐 [www.turiyayoga.it](http://www.turiyayoga.it)

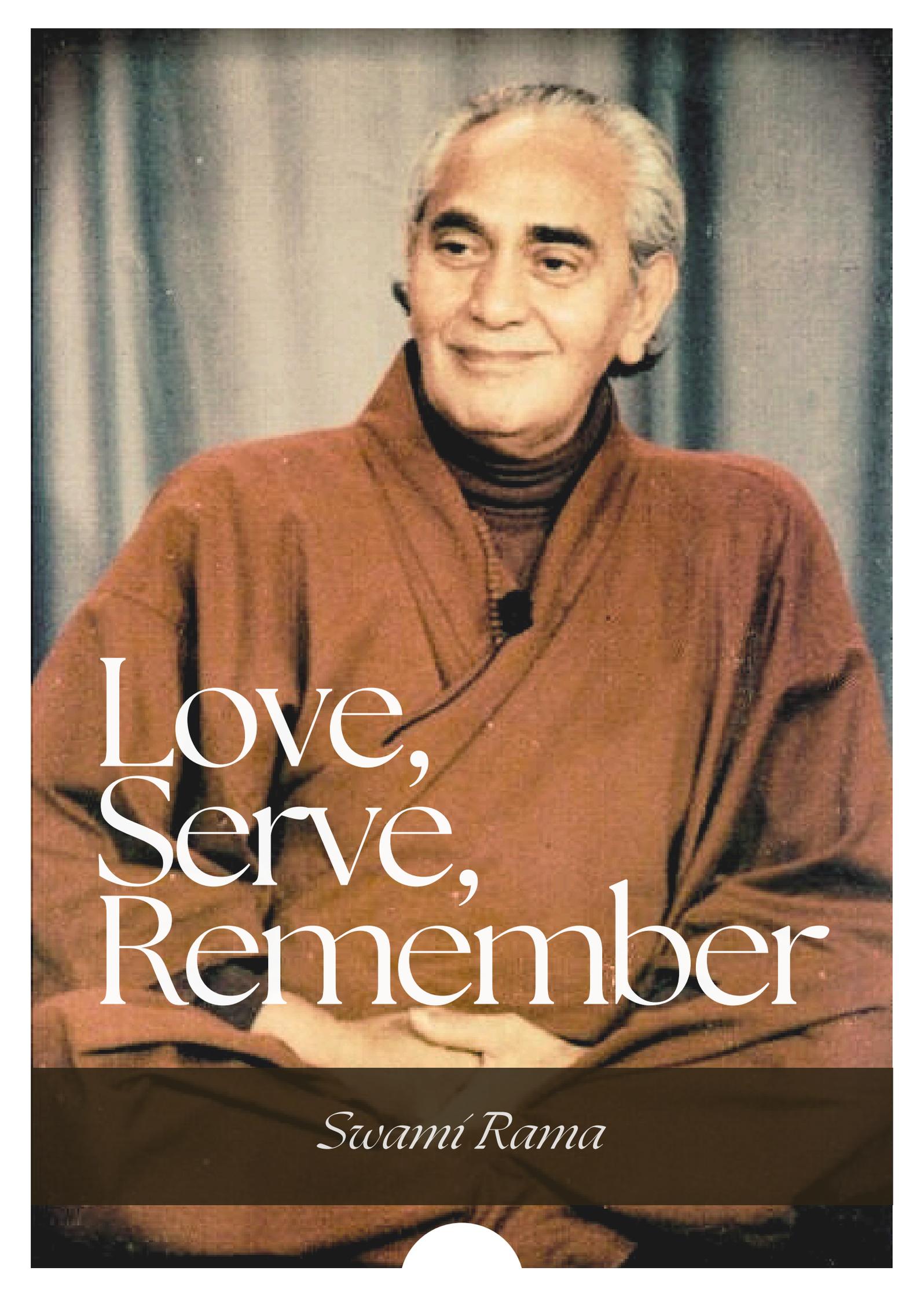


TURIYAYOGAACADEMY



*Turiya*  
YOGA ACADEMY

At the  
Source  
of  
**Yoga**

A portrait of Swami Rama, an elderly man with white hair, wearing a brown shawl over a dark turtleneck. He is seated and looking slightly to the right with a gentle smile. The background is a textured, blue-grey fabric.

# Love, Serve, Remember

*Swami Rama*