

YOGA FOR YOUR INTELLECT

New Text Begins Thursday Nov. 2nd • *The Holocaust of Attachment* by A. Parthasarathy

- Negative emotions like fear, anger, anxiety, jealousy
- Difficulty concentrating
- Poor choices
- Dependency & enabling
- Escalating conflict
- Environmental harm



The Holocaust of Attachment

At the heart of these problems lies attachment: our mental dependency upon objects, people, ideology, religion, etc.

All of us suffer attachment's effects. The cause lies within our control.

How does Vedanta philosophy describe attachment? What actions can we take to avoid and overcome it?



Glen Callahan has been a student, practitioner, and teacher of Vedanta since 2006. He conducts classes, seminars, and workshops on Vedanta throughout LA.

Every Thursday
6:00-7:15pm

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