

YOGA FOR YOUR INTELLECT

Maturity • Empathy • Self-reliance

The Philosophy and Practice of Self-development



Vedanta philosophy describes human maturity as our ability to remain balanced through life's fluctuations.

The procession of joy & sorrow is inevitable. True well-being lies not in avoiding challenges, but relating to them productively.

How is this achieved?

*Vedanta
Treatise
The Eternities*



A. Parthasarathy

[The Birdcage](#)

2640 Main St.

Santa Monica

Mondays

6:30-7:30pm

(Upstairs)



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