



Blue Lotus Meditation & Yoga Center:
CSE South County Meditation Center

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Yoga Sutra Contemplative Study Schedule*
September 2026- August 2027

The Science of Self-Realization – Patanjali's Yoga Sutras by Roy Eugene Davis

SEPTEMBER ~ Chapter One: 1-16

Week One (9/01-9/07): Sutras 1-4
Week Two (9/08-9/14): Sutras 5-8
Week Three (9/15-9/21): Sutras 9-12
Week Four (9/22-9/28): Sutras 13-16

OCTOBER ~ Chapter One: 17-36

Week One (9/29-10/05): Sutras 17-22
Week Two (10/06-10/12): Sutras 23-27
Week Three (10/13-10/19): Sutras 28-31
Week Four (10/20-10/26): Sutras 32-36

NOVEMBER ~ Chapter One: 37-51

Week One (10/27-11/02): Sutras 37-40
Week Two (11/03-11/09): Sutras 41-44
Week Three (11/10-11/16): Sutras 45-47
Week Four (11/17-11/23): Sutras 48-51

DECEMBER ~ Chapter Two: 1-22

Week One (11/24-11/30): Sutras 1-4
Week Two (12/01-12/07): Sutras 5-8
Week Three (12/08-12/14): Sutras 9-12
Week Four (12/15-12/21): Sutras 13-17
Week Five (12/22-12/28): Sutras 18-22

JANUARY ~ Chapter Two: 23-42

Week One (12/29-01/04): Sutras 23-26
Week Two (01/05-01/11): Sutras 27-30
Week Three (01/12-01/18): Sutras 31-34
Week Four (01/19-01/25): Sutras 35-38
Week Five (01/26-02/01): Sutras 39-42

FEBRUARY ~ Chapter Two: 43-55

Week One (02/02-02/08): Sutras 43-47
Week Two (02/09-02/15): Sutras 48-51
Week Three (02/16-02/22): Sutras 52-53
Week Four (2/23-03/01): Sutras 54-55

MARCH ~ Chapter Three: 1-30

Week One (03/02-03/08): Sutras 1-6
Week Two (03/09-03/15): Sutras 7-14
Week Three (03/16-03/22): Sutras 15-22
Week Four (03/23-03/29): Sutras 23-30

APRIL ~ Chapter Three: 31-56

Week One (03/30-04/05): Sutras 31-36
Week Two (04/06-04/12): Sutras 37-43
Week Three (04/13-04/19): Sutras 44-49
Week Four (04/20-04/26): Sutras 50-56

MAY ~ Chapter Four: 1-21

Week One (04/27-05/03): Sutras 1-5
Week Two (05/04-05/10): Sutras 6-9
Week Three (05/11-05/17): Sutras 10-13
Week Four (05/18-05/24): Sutras 14-17
Week Five (05/25-05/31): Sutras 18-21

JUNE ~ Chapter Four: 22-38

Week One (06/01-06/07): Sutras 22-27
Week Two (06/08-06/14): Sutras 28-32
Week Three (06/15-06/21): Sutras 33-35
Week Four (06/22-06/28): Sutras 36-38
Week Five (06/29-07/05): review Sutras 1:1-4,
1:12, 2:1-2

JULY: repeat chapters one and two

AUGUST: repeat chapters three and four

Questions for Contemplation and Spiritually Conscious Living

1. What specific quotes and passages inspired or challenged me?
2. What intuitions, insights, practices, and teachings can deepen my daily spiritual practice right now?
3. How does this reading positively influence my spiritually conscious life right now?

*Gratitude to CSE and Meru Institute for offering this Spiritual study schedule.

~ An Oasis of Peace for all ~