



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

**Paula Whang-Ramos Ph.D., M.Div.**  
Spiritual Director

8347 Church Street  
Gilroy CA 95020  
408-842-0208  
[www.bluelotuscenter.org](http://www.bluelotuscenter.org)

## **Yoga Sutra Contemplative Study Schedule\*** **September 2022- August 2023**

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

### **SEPTEMBER ~ Chapter One: 1-16**

Week One (8/31-9/6): Sutras 1-4  
Week Two (9/7-9/13): Sutras 5-8  
Week Three (9/14-9/20): Sutras 9-12  
Week Four (9/21-9/27): Sutras 13-16

### **OCTOBER ~ Chapter One: 17-36**

Week One (9/28-10/4): Sutras 17-22  
Week Two (10/5-10/11): Sutras 23-27  
Week Three (10/12-10/18): Sutras 28-31  
Week Four (10/19-10/25): Sutras 32-36

### **NOVEMBER ~ Chapter One: 37-51**

Week One (10/26-11/1): Sutras 37-40  
Week Two (11/2-11/8): Sutras 41-44  
Week Three (11/9-11/15): Sutras 45-47  
Week Four (11/16-11/22): Sutras 48-51

### **DECEMBER ~ Chapter Two: 1-22**

Week One (11/23-11/29): Sutras 1-4  
Week Two (11/30-12/6): Sutras 5-8  
Week Three (12/7-12/13): Sutras 9-12  
Week Four (12/14-12/20): Sutras 13-17  
Week Five (12/21-12/27): Sutras 18-22

### **JANUARY ~ Chapter Two: 23-42**

Week One (12/28-1/3): Sutras 23-26  
Week Two (1/4-1/10): Sutras 27-30  
Week Three (1/11-1/17): Sutras 31-34  
Week Four (1/18-1/24): Sutras 35-38  
Week Five (1/25-1/31): Sutras 39-42

### **FEBRUARY ~ Chapter Two: 43-55**

Week One (2/1-2/7): Sutras 43-47  
Week Two (2/8-2/14): Sutras 48-51  
Week Three (2/15-2/21): Sutras 52-53  
Week Four (2/22-2/28): Sutras 54-55

### **MARCH ~ Chapter Three: 1-30**

Week One (3/1-3/7): Sutras 1-6  
Week Two (3/8-3/14): Sutras 7-14  
Week Three (3/15-3/21): Sutras 15-22  
Week Four (3/22-3/28): Sutras 23-30

### **APRIL ~ Chapter Three: 31-56**

Week One (3/29-4/4): Sutras 31-36  
Week Two (4/5-4/11): Sutras 37-43  
Week Three (4/12-4/18): Sutras 44-49  
Week Four (4/19-4/25): Sutras 50-56

### **MAY ~ Chapter Four: 1-21**

Week One (4/26-5/2): Sutras 1-5  
Week Two (5/3-5/9): Sutras 6-9  
Week Three (5/10-5/16): Sutras 10-13  
Week Four (5/17-5/23): Sutras 14-17  
Week Five (5/24-5/30): Sutras 18-21

### **JUNE ~ Chapter Four: 22-38**

Week One (5/31-6/6): Sutras 22-27  
Week Two (6/7-6/13): Sutras 28-32  
Week Three (6/14-6/20): Sutras 33-35  
Week Four (6/21-6/27): Sutras 36-38  
Week Five (6/28-7/4): review Sutras 1:1-4, 1:12, 2:1-2

**JULY:** repeat chapters one and two

**AUGUST:** repeat chapters three and four

### **Weekly Contemplative Questions for** **Spiritually Conscious Living:**

1. What specific quotes and passages inspired or challenged me?
2. How can I live into these passages to deepen my daily spiritual practice this week?
3. How does this week's reading inspire my spiritually conscious life right now?

\*Gratitude to CSE and Meru Institute for offering this spiritual study schedule