

**Society for Art & Cultural Heritage of India (SACHI)**  
and  
**Society for Asian Art at the Asian Art Museum, San Francisco**

are pleased to present an illuminating talk on Yoga and the *Bhagavad Gita*,  
a 700-verse scripture that is part of the Hindu epic, *The Mahabharata*.

**The Not-so-Hidden  
Secrets of Yoga  
in The Bhagavad Gita**

*by Vedanta scholar  
Prasad Vepa*

**Friday, May 23, 2014  
2:00 p.m.**

Asian Art Museum  
Education Classroom  
200 Larkin St., San Francisco



Limited seating, rsvp  
jim@societyforasianart.org

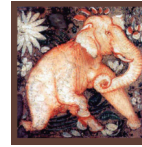
Lecture Fee: \$15.00

The lecture is offered in conjunction with the special exhibition,  
**Yoga: The Art of Transformation**  
on view February 21 - May 25, 2014 at the Asian Art Museum.

It is not a hyperbole to say that Yoga, which originated in ancient India, is not merely re-inventing and thriving, but has gone viral globally. Yoga literally means union of the individual self with the cosmic Self, as well as the paths for achieving this union with the divine. This, according to Hindu philosophy, is the overarching goal of human existence.

The *Bhagavad Gita*, the most popular and widely read quintessential scripture of Hindu philosophy and faith, reminds the readers at the end of each chapter, that it is indeed a treatise on the nature of the Self (Brahma Vidya) and the methods (Yoga Shastra) for the individual self to achieve union with the infinite, cosmic Self. The four principal yogas - the path of knowledge (gyana yoga), the path of action (karma yoga), the path of devotion (bhakti yoga) and the path of meditation (raja yoga) - are succinctly expounded in the Gita.

Understanding the underlying philosophical purpose behind the physical postures of yoga deepens and enriches our total appreciation of this ancient and popular way of life.



415.386.3491  
www.sachi.org

## SACHI

Society for Art & Cultural Heritage of India

155 15th Ave

San Francisco, CA 94118

### About the Speaker

**Prasad Vepa**, a Silicon Valley resident for over 35 years, is a retired corporate executive. He grew up in Chennai, India and came to the U.S. in 1968 as a graduate student at M.I.T. He has a deep interest in Vedanta, the essence of Hindu philosophy, and its application in day-to-day living. He gives popular talks on Vedanta, the *Bhagavad Gita* and Integral Living. He is a trustee and former Chair of the Board of the California Institute of Integral Studies (CIIS), San Francisco.



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Society for Asian Art

Front Image: Detail, Pandava hero Arjuna, and his charioteer, Krishna, confront Karna, commander of the Kaurava army; circa 1820. India, Himachal Pradesh or Jammu and Kashmir. Philadelphia Museum of Art