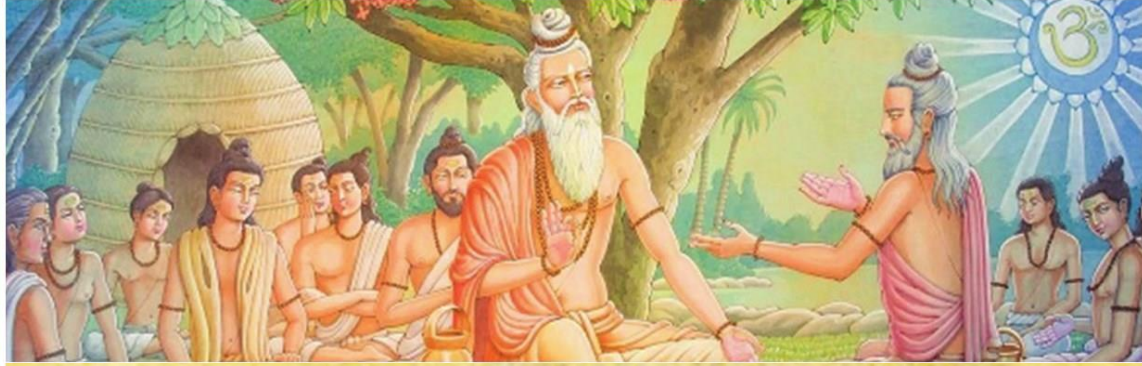


# The Upanishads (Part 3)

## in the light of Sri Aurobindo



**Katha Upanishad**  
Instructed by  
Dr. Vladimir Yatsenko

**Online 10-week Course: October 9 - December 11**

**Mondays from 7:00-8:00 am PDT, 10:00-11:00 am EDT, 7:30-8:30 pm IST**

We continue our journey of the studies of the principal Upanishads with this 10-week course on Katha Upanishad, belonging to the Krishna Yajurveda, the story of Nachiketas learning the secret of Immortality from Lord Yama himself.

### Weekly sessions:

- October 09:** Introduction: Five Myths of Immortality in the Vedic Tradition
- October 16:** Katha Upanishad 1.1, The Myth of Nachiketas and Yama: The Vedic Symbolism
- October 23:** Katha Upanishad 1.1, Three Questions – Three Answers
- October 30:** Katha Upanishad 1.2, Two Paths of Shreyas and Preyas
- November 06:** Katha Upanishad 1.2, part 2: Adhyatma Yoga
- November 13:** Katha Upanishad 1.3, Self, Mind and Senses
- November 20:** Katha Upanishad 2.1, Fundamentals of Yoga: Looking Within
- November 27:** Katha Upanishad 2.1, part 2: Fundamentals of Yoga: Purusha in the Heart
- December 04:** Katha Upanishad 2.2 Fundamentals of Yoga: Body as the City with Doors
- December 11:** Katha Upanishad 2.3, The Symbolism of Universal Ashvattha Tree

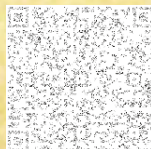


### Instructor Dr. Vladimir Yatsenko

*Dr. Vladimir Yatsenko is the Director of the Institute for Applied Research in Integral Studies at the Sri Aurobindo Integral Life Center. He holds a master's degree in Linguistics and in Sanskrit Language and Literature and a Ph.D. in Indian Philosophy. Dr. Yatsenko is an instructor of Sanskrit and an educator and researcher in Vedic and Vedantic studies.*

**Online Course: \$65.00**

All sessions are recorded and available to participants. To learn more or to register, scan QR code or visit [www.lagracecenter.com](http://www.lagracecenter.com)



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