

# TRIMURTI: THE TRINITY (Brahma, Vishnu, Shiva)

*world-known Sanskritist  
& Historian of Religion*

## DOUGLAS BROOKS Ph.D.



**Feb 26, 2023, 9am-1pm EST \$108**

The three Hindu gods known as the Trimurti are often cited as providing a model for organization of the universe. Brahma Creates, Vishnu Sustains, and Shiva Destroys. But this very elementary beginning is only the bare outline of a much richer understanding that leads us to a more refined and elaborate vision of the worlds in which we live and the practices of yoga through which we might engage our lives. There are further extensions of the mythic structure that provide relationships with sublime feminine in the form of corresponding goddesses and more far-reaching connections. Within this essential structure is a wealth of symbols, strategies, and concepts that mean to guide us to deeper appreciation and practices that inform a life of yoga. Our seminar will engage the Trimurti imagery to create a foundation for understanding the power of myth and its useful application in our study and practice of yoga. No previous understanding or exposure is required, just an open mind and a willing heart.

*Dr. Brooks' lectures have been very influential in the way I see and experience the world of yoga and the world as a whole. His insights into spiritual life—the very essence of religion—and his refined use of semantics and metaphors help me to grasp, in a non-dogmatic way, the classical and tantric currents of Indian philosophy. This is a must for any serious (and not so serious) yoga student.*

— FRANÇOIS RAOULT, Director of Open Sky Yoga

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**LIVE ON ZOOM AND RECORDED**



**DOUGLAS BROOKS, Ph.D.** *Yoga History and Philosophy*

Douglas is a professor of religion and chair of Asian Studies at the University of Rochester in Rochester, N.Y. One of the world's leading scholars of Hindu Tantrism, he earned his doctoral degree from Harvard University's Center for the Study of World Religions. In addition, he lived for many years with his Guru in India, receiving a classical Sanskrit education.

Please, pre-register online at  
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