

Shelli Carpenter

The Yoga Sutras of Patanjali

Shelli has a BS and MS in Humanities from the University of Louisville. She is currently pursuing a Master of Arts in The Traditions of Yoga and Meditation at SOAS, University of London as well as wrapping up her PhD on The Yoga Sutras of Patanjali with an emphasis on the women's perspective.



Although written for a culture very different from our current one, Shelli feels the teachings in this ancient text are applicable and accessible to current daily living, inspiring people to be thoughtful and diligent in their daily practices of self-development, while at the same time offering instruction on ways to interact with others and develop a spiritual practice that brings joy. In our 2018 300 YTT, Shelli will take us through two full days of practical, life-changing education surrounding these teachings.