



W O R K S H O P  
**NICOLAI BACHMAN**  
*Sanskrit Sounds*

Please indicate your choice(s) below:

**All 4 Classes** .....\$100 (\$145 after Feb 8)

**The Language of Yoga**

*Fri, Feb 19, 6-8:30 pm* .....\$30 (\$40 after Feb 8)

The language of the yoga tradition creates clear vibration and positive resonance in the voice of the practitioner. Yoga teachers can transmit this resonance accurately by learning how to pronounce Sanskrit using breath, tone and articulation of sound vibration. In this class, we learn the Sanskrit alphabet by chanting, learn to pronounce asana names and cover key vocabulary relevant to the yoga practice.

**Obstacles on the Yoga Path**

*Sat, Feb 20, 10 am-12:30 pm* .....\$30 (\$40 after Feb 8)

The Yoga Sutras describe various obstacles and afflictions that may cause negative karma for ourselves and keep us from attaining real happiness. We will discuss these hindrances (kleshas) to the yoga path and investigate the means to clear them. Individual sutras will be chanted, translated from the Sanskrit and then discussed as a group.

**Inside the Eight Limbs of Yoga**

*Sat, Feb 20, 2:30-5 pm* .....\$30 (\$40 after Feb 8)

From social ethics to deep meditation, the classical eight limbs of yoga guides the yogi from external to internal and from gross to subtle. The sequence of verses is deliberate and profound, and every step is important in its own right. Individual sutras will be chanted, translated from the Sanskrit and then discussed as a group.

**Chakras and Vibration**

*Sun, Feb 21, 10 am-12:30 pm* .....\$30 (\$40 after Feb 8)

Hatha Yoga involves awakening the coiled kundalini at the base of the spine and consciously directing its flow through the spine to the crown of the head. Each chakra along the spine has its own primary resonance. In this class we will bring attention, breath and sound vibration to each chakra and discuss selected verses from the Hatha Yoga Pradipika.

Date: **Fri-Sun, Feb 19-21, 2010**

Location: **Moksha Riverwest**  
 700 N Carpenter

**Nicolai Bachman, MA** (Eastern Classics), MS (Nutrition), RYT500 has been teaching Sanskrit, Yoga philosophy and Ayurveda nationally since 1994. His primary teachers are Vyaas Houston (American Sanskrit Institute), Vasant Lad (Ayurvedic Institute) and David Frawley (American Institute of Vedic Studies). He has authored several Sanskrit audio/visual learning tools including 108 Sanskrit Flash Cards, The Language of Yoga, The Language of Ayurveda and The Yoga Sutras: An Essential Guide to the Heart of Yoga Philosophy (Sounds True, March 2010). [www.SanskritSounds.com](http://www.SanskritSounds.com)

R E G I S T R A T I O N F O R M

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, St, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

**\$15 DEPOSIT REQUIRED TO REGISTER**

PMT AMT  CASH  CHECK  VISA/MC  AMEX  DISC  ONLINE

CARD NO. \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

O F F I C E U S E O N L Y

OMBASE ENTRY BY \_\_\_\_\_ DATE \_\_\_\_\_

REG LETTER MAILED BY \_\_\_\_\_ DATE \_\_\_\_\_

EMAIL CONFIRMATION \_\_\_\_\_ DATE \_\_\_\_\_

