

Sanskrit and Yoga Philosophy



Presented by
Nicolai Bachman
September 10-12, 2010

The Triad Yoga Institute
1712-A Spring Garden St, Greensboro
www.triadyoga.com

This workshop is for anyone interested in learning more about Patanjali's Yoga Sutras, the Bhagavad Gita, the Science of Ayurveda, and the power of chanting in Sanskrit. Teachers registered with the Yoga Alliance can accumulate continuing education hours. Also, this entire course is a requirement of Triad Yoga's 500 Hour Teacher Training Program.

This workshop meets requirements for 15 Continuing Education Hours for the Yoga Alliance Registry.

Nicolai's Topics

Friday September 10 5:00pm-8:00pm How to Chant in Sanskrit

Sanskrit has been chanted in India continuously for at least 6000 years. Many different styles of chanting have developed, including Vedic, bija mantra, shloka, stotra and kirtana. Experience the different vibrations of each style while chanting verses from the Rig Veda, Yoga Sutras, Shankaracharya and the Bhagavad Gita. All chants will be available both in the original Devanagari script as well as in transliteration. Proper pronunciation (mouth position, tone, rhythm) will be emphasized.

Saturday September 11 9:00am-12:00pm Yoga Sutras Unraveled: Kriya-Yoga, Asana and Pranayama **New!!**

Kriya-yoga contains the most powerful techniques for growth and change, weakening negative behavior and strengthening positive patterns. These can be applied to all other limbs of yoga. Asana and Pranayama will be touched on as well. We will translate sutras directly from the Sanskrit and participate in group exercises.

Saturday September 11 1:30pm-4:30pm Yoga Sutras Unraveled: Inner Development: Pratyahara and Samyama **New!!**

All previous limbs prepare us for turning inward in order to connect to our inner light of awareness. These progressive stages of focusing support our chosen direction, bring our attention away from external stimuli toward the goal of clear and aware consciousness. We will translate sutras directly from the Sanskrit and participate in group exercises.

Sunday September 14 9:00am-12:00pm Introduction to Ayurveda: East Indian Holistic Medicine

Ayurveda is a profound system of wholistic medicine from India dating back at least 5000 years. Treating every person as an unique blend of qualities, Ayurveda emphasizes the prevention of disease through a diet and lifestyle appropriate to each individual's unique physical and mental constitution. We will translate many shlokas directly from Ayurvedic texts. Topics include Samkhya philosophy of creation, emergence of the 5 elements, the 3 doshas, how to determine your physical and mental constitute, and healthy daily habits.

Sunday September 14 1:30pm-4:30pm Bhagavad Gita: Mankind's Struggle to Awaken **New!!**

The essence of yoga as a philosophy is revealed in a deeply philosophical dialogue between Krishna (God) and Arjuna (man). This "divine song," one of the most sacred and profound poems ever written, is an exploration of the divine Self residing in each one of us. Selected verses will be chanted (call and response), explained word-for-word, then discussed.

New!! If you have studied with Nicolai in the past, these topics are new. This will be their first time presented at Triad Yoga. Individual classes are available.

Nicolai Bachman has been teaching Sanskrit and related topics since 1994. He has a knack for synthesizing and organizing complex topics into simple and understandable presentations. His education combines informal, traditional study with the academic rigor of university classes. He has studied extensively at the American Sanskrit Institute, the Ayurvedic Institute, the American Institute of Vedic Studies and the Vedic Chant Center. He holds an M.A. in Eastern Philosophy, an M.S. in Nutrition, and is E-RYT500 certified. Nicolai has authored several Sanskrit book/CD learning tools including 108 Sanskrit Flash Cards, The Language of Ayurveda, and by Sounds True, The Language of Yoga and The Yoga Sutras: An Essential Guide to the Heart of Yoga Philosophy.
www.SanskritSounds.com

Cost: \$250, or \$225 early registration if paid by August 20, 2010

Each class: \$45.00 each

To register: Contact The Triad Yoga Institute at 336-275-6622 or register on line at www.triadyoga.com or complete and mail in the form on the back side of this flyer.

**Sanskrit and Yoga Philosophy with Nicolai Bachman
September 12-14, 2008**

- Weekend workshop package—\$250
- Weekend workshop package: Early registration by August 20---\$225

**Make checks payable to:
The Triad Yoga Institute**

For individual classes:

- | | | |
|-----------------------------------|----------------|------|
| <input type="checkbox"/> Friday | 5:00pm-8:00pm | \$45 |
| <input type="checkbox"/> Saturday | 9:00am-12:00pm | \$45 |
| <input type="checkbox"/> Saturday | 1:30am-4:30pm | \$45 |
| <input type="checkbox"/> Sunday | 9:00am-12:00pm | \$45 |
| <input type="checkbox"/> Sunday | 1:30am-4:30pm | \$45 |

Mail payments to:
The Office of The Triad Yoga Institute
3506 Madison Ave
Greensboro, NC 27403

Total: \$ _____

Name: _____
Address: _____
City, State, Zip: _____
Telephone: (home) _____ (mobile) _____
E-mail: _____

For more information:
336-275-6622
www.triadyoga.com

Registration sent to the studio address will be returned, so please mail to the above office.

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