

# Nicolai Bachman

## The Yoga Sutras Unraveled, The Subtle Body and Asana Stories

**Friday - Sunday, November 5-7, 2010**

Friday, 6:30 p.m. - 9:00 p.m.

Saturday, 9:30 a.m. - 12:00 p.m.; 1:30 - 4:00 p.m.

Sunday, 9:30 a.m. - 12:00 p.m.; 1:30 - 4:00 p.m.

### FEES

**Single Session:** \$55 by 10/8, \$65 thereafter

**Entire Event:** \$220 by 10/8, \$260 thereafter



**Friday, 6:30 - 9:00 p.m.**

### **Cakras/Kundalini/Bija Mantras: The Subtle Body**

What is a nadi, a chakra, the kundalini shakti? Using verses from the Hatha Yoga Pradipika we discuss the theory of awakening the dormant kundalini and how it flows upwards through the sushumna nadi. Each chakra has a primary seed sound and several secondary sound petals which energize it. We then apply the theory by chanting and resonating the seed and petal sounds from the root chakra through the crown, focusing our attention and breath at the location of each chakra.

**Saturday, 9:30 a.m. - 12:00 p.m. Asana Names and Stories**

Each asana name has its own vibration and rhythm. Experiencing a posture through its sound adds a new dimension to it. Many asana names have stories behind them, and others follow the natural posture of animals or insects. After a slide show presentation, we will flow through a sequence of postures, pronouncing each name and learning the component words while holding the posture.

**Saturday, 1:30 - 4:00 p.m.**

### **Part 1 Yoga Sutras: Outer Behavior: Yama-s, Shaucha and Santosha**

How we interact with others affects our heart-mind and those around us. Cultivating ethical behavior is essential for a civil society to flourish. Part and parcel with healthy social relationships is taking care of oneself.

**Sunday, 9:30 a.m. - 12:00 p.m.**

### **Part 2 Yoga Sutras: Personal Practices: Kriya-Yoga, Asana and Pranayama**

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.

**Sunday, 1:30 - 4:00 p.m.**

### **Part 3 Yoga Sutras: Inner Development: Pratyahara and Samyama**

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.

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**Nicolai Bachman, MA** (Eastern Classics), MS (Nutrition), E-RYT500 has been teaching Sanskrit, chanting, yoga philosophy, Ayurveda, and other 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. Nicolai 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-RYT 500 certified. His ongoing studies expand upon and inform all future classes. Nicolai has authored several Sanskrit book/CD learning tools including *108 Sanskrit Flash Cards*, *The Language of Yoga* (Sounds True 2005), *The Language of Ayurveda*, and *The Yoga Sutras: An Essential Guide to the Heart of Yoga Philosophy* (Sounds True 2010).

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## Yoga Sutras Unraveled, The Subtle Body and Asana Stories

### EVENT DATE

Friday- Sunday, November 5-7, 2010

### FEE

Single Session: \$55 by October 8, 2010, \$65 thereafter

Entire Event: \$220 by October 8, 2010, \$260 thereafter

### STUDENT INFORMATION

Name:

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Address:

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City/State/Zip:

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Phone:

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Email:

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### PAYMENT

Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$35.00 fee. Call or stop in studio to pay by credit card.

**Single Session(s):** \$55 by 10/8/10 \_\_\_\_\_ # of sessions multiplied by \$55 = \_\_\_\_\_ *Total*  
\$65 thereafter \_\_\_\_\_ # of sessions multiplied by \$65 = \_\_\_\_\_ *Total*

#### Which session(s)?

\_\_\_\_\_ Friday evening

\_\_\_\_\_ Saturday morning

\_\_\_\_\_ Sunday morning

\_\_\_\_\_ Saturday afternoon

\_\_\_\_\_ Sunday afternoon

#### Entire Event:

\_\_\_\_\_ \$220 by 10/8/10,

\_\_\_\_\_ \$260 thereafter

### REFUNDS

**For refund requests at least one week** prior to the start of the event, you may request a refund or credit, less 15%.

**For this special event, no refunds or credits will be given for cancellations less than one week prior to the event unless your spot can be filled.**

Refunds for credit card payments are subject to an additional 3% transaction fee. No exceptions, even if an event is cancelled by Prairie Yoga or the presenter.



**PRAIRIE YOGA**

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