

Nicolai Bachman

Cakras, Sanskrit and The Yoga Sutras Unraveled

Friday - Sunday, November 4-6, 2011

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: \$50 by 10/7, \$60 thereafter

Entire Event: \$200 by 10/7, \$240 thereafter

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

Cakras: Energizing 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.

Sanskrit for Yogis

The science of yoga is filled with Sanskrit vocabulary. Teachers and practitioners of yoga, Ayurveda, or meditation can benefit from learning how to pronounce Sanskrit with correct breath, resonance, rhythm and tongue position. The class will read transliterated text (English letters with diacritical markings) alongside the original script.

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.



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).



PRAIRIE YOGA

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EVENT DATE

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FEE

Single Session: \$50 by October 7, 2011, \$60 thereafter

Entire Event: \$200 by October 7, 2011, \$240 thereafter

STUDENT INFORMATION

Name:

Address:

City/State/Zip:

Phone:

Email:

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): \$50 by 10/7/11 _____ # of sessions multiplied by \$50 = _____ Total
\$60 thereafter _____ # of sessions multiplied by \$60 = _____ Total

Which session(s)?

_____ Friday evening

_____ Saturday morning

_____ Sunday morning

_____ Saturday afternoon

_____ Sunday afternoon

Entire Event:

_____ \$200 by 10/7/11,

_____ \$240 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.

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.



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