



# hosting nicolai bachman the language of yoga

## about nicolai bachman

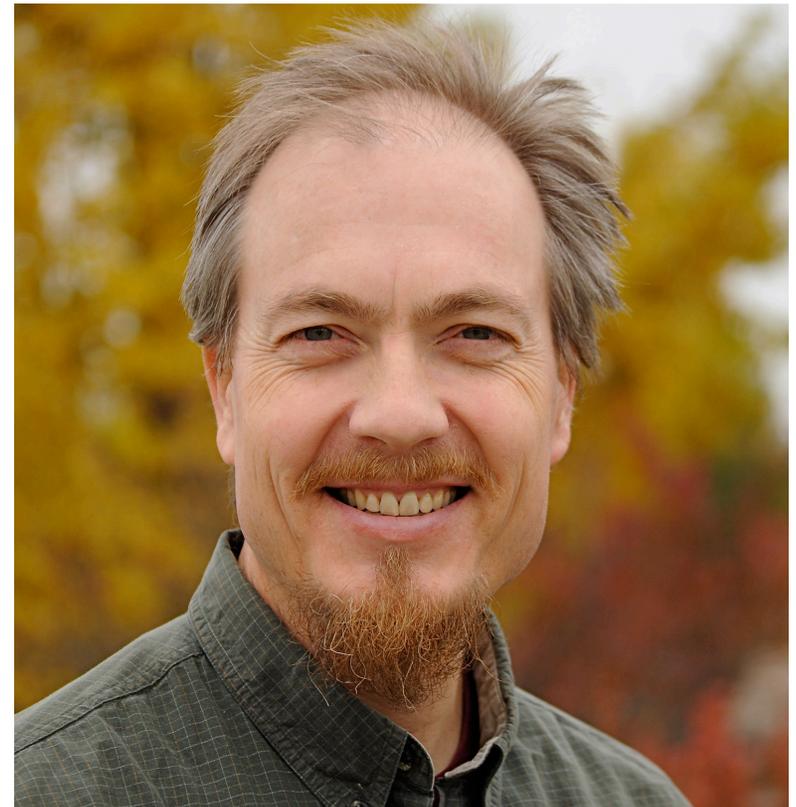
Nicolai has been teaching Sanskrit, chanting, yoga philosophy and Ayurveda since 1994. He has a knack for synthesizing and organizing complex topics into simple and understandable presentations. His education combines informal, traditional study with the academic rigor of university classes. He has studied 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-RYT 500 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, and The Path of the Yoga Sutras. Learn more at [www.SanskritSounds.com](http://www.SanskritSounds.com)

### schedule and fees at a glance

|     |      |                |                            |      |
|-----|------|----------------|----------------------------|------|
| Fri | 9/21 | 6:30p - 9:00p  | Sanskrit Basics            | \$55 |
| Sat | 9/22 | 12:30p - 3:00p | Sutras: Outer Behavior     | \$55 |
| Sat | 9/22 | 4:00p - 6:30p  | Sutras: Personal Practices | \$55 |
| Sun | 9/23 | 12:30p - 3:00p | Chanting Fundamentals      | \$55 |

Full weekend: \$200 (\$185 if you register online by 8/15)  
for single sessions, take \$5 if you register online by 8/15



**Fri Sept 21 – Sun Sept 23  
Arlington**

register online at [www.sunandmoonstudio.com](http://www.sunandmoonstudio.com)  
or give us a call at 703.525.YOGA

3811 Lee Hwy. Arlington, VA 22207 and 9998 Main St. Fairfax, VA 22031

**breathe. stretch. relax. repeat.**

# The Language of Yoga

## All sessions will be held at Sun & Moon's Arlington studio

The science and practice of yoga is framed in Sanskrit words and verses. A basic understanding of the Sanskrit language is important for any student or teacher of yoga. Many asana (posture) names have interesting, deeper meanings and stories behind them. Yoga philosophy, specifically the Yoga Sutras, contains many terms that have no accurate English equivalents. Learning these key terms in depth broadens our understanding of yoga and how it describes human consciousness. This weekend study is appropriate for anyone curious about the ancient teachings and how they inform modern practice and lifestyle.

### **Sanskrit Basics for Yogis: Fundamentals of Pronunciation**

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. **Fri 9/21 6:30p - 9:00p. \$55.**

### **Yoga Sutras Unraveled (8 Limbs Part 1): Outer Behavior Yamas, Shaucha and Santosha**

How we interact with others affects our own heart-mind and that of 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. **Sat 9/22 12:30p - 3:00p. \$55.**

### **Yoga Sutras Unraveled (8 Limbs Part 2): Personal Practices Kriya-yoga, Asana and Pranayama**

The last three niyama-s (personal practices) make up a synergistic triad of tools that support the other limbs of yoga, and are necessary for bringing about real, lasting change and cultivating an inner orientation. Refining and unblocking the body and breath prepare us for our journey inward. **Sat 9/22 4:00p - 6:30p. \$55.**

### **How to Chant in Sanskrit: Fundamentals of Chanting**

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. You will experience the different vibrations of each style while chanting verses from the Rig Veda, Yoga Sutras, Shankaracharya and the Bhagavad Gita. **Sun 9/23 12:30p - 3:00p. \$55**