

SANSKRIT SOUNDS



and

Presents a Workshop Yoga Sutras Unraveled 1 with Nicolai Bachman September 15 & 16, 2012 1 pm to 6 pm

The Yoga Sutras define yoga by explaining the nature of human consciousness in a series of compact seed-like sutras. The middle of chapter 2, beginning with the eight limbs of yoga, is the easiest and most appropriate place to enter this text. During the presentation, Nicolai will teach directly from the Sanskrit sutra-s. We will chant each sutra, then break it down word-by-word and discuss what it means and how it applies to our lives in this society.



Overview of the Yoga Sutras: History, Structure, and Key Concepts
Outer Behavior: Yama-s, Shaucha and Santosha
Personal Practices: Kriya-Yoga, Asana and Pranayama
Inner Development: Pratyahara and Samyama

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 eRYT500 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. www.SanskritSounds.com

Early Bird Registration by August 1, 2012 \$160. Registration after August 1, 2010 is \$200. *(Cancellation fee of \$50 by August 1st no refund after)*

To register please contact Nina for Santosha Yoga at 575-770-5430
amoredgns@qwestoffice.net.



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