

Sanskrit, Mantras and Yoga Sutras



**Presented by
Nicolai Bachman
September 5-7, 2014**

**The Triad Yoga Institute
3940 W Market St., Greensboro, NC**

*Join us on a journey
of learning from a
clear and organized
teacher that creates
a fun and playful
environment.*

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*. He has recently released an easy-to-read paperback on yoga philosophy called *Path of the Yoga Sutras*. Learn more about Nicolai and his offerings at: www.SanskritSounds.com

Friday September 5 6:00pm-8:30pm Sanskrit Basics for Yogis: Fundamentals for 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. We will talk about Sanskrit as a language, learn pronunciation basics, and practice reading many common yoga terms and posture names.

Saturday September 6 9:30am-12:00pm Mantra Recitation: Exploration into Sacred Sounds

Mantra is a vibration that produces an energetic effect. They can range from tiny, single-syllable seed mantras whose effect is quite specific, to large shloka verses that produce a more general effect. We will practice many different kinds of mantra, and unpack their constituent sounds to discover how they work.

Saturday September 6 1:30pm-4:00pm The Gāyatrī Mantra: Honoring the Inner and Outer Sun

One of the most chanted prayers of all time, the Gāyatrī Mantra invokes the Sun as the creator and source of life. The Sun also symbolizes our inner sun, the divine light of awareness and knowledge that can guide us to act with love and compassion. We will explore this sacred mantra in great depth, and chant it in the original Vedic way together.

Sunday September 7 9:30am-12:00pm Overview of the Yoga Sutras: History, Structure and Key Concepts

In what context did Patanjali compose his masterpiece called Patanjala-Yoga-Darshanam, commonly referred to as the Yoga Sutras? Taking a bird's-eye view, we will examine its history and structure, then discuss what the Yoga Sutras is about in general, focusing on certain key concepts and the overall purpose of this monumental work.

Sunday September 7 1:30pm-4:00pm Yoga Sutras Unraveled: Outer Behavior—Yamas, 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

This workshop meets requirements for 12.5 Continuing Education Hours for the Yoga Alliance Registry and 12.5 Contact Hours required in the 300 Hour Teacher Training Programs at Triad Yoga, Greensboro and Sunrise Yoga, Clemmons.



Cost: \$225, or \$195 early registration if paid by August 15, 2014

Each class: \$45.00 each

To register: Contact The Triad Yoga Institute at 336-851-0366 or register on line at www.triadyoga.com