



# Introduction to Sanskrit 1 and 2

with Zoe Mai, E-RYT500

## Sanskrit 1 – an Introduction

This weekend workshop will give you intimate familiarity with the unique points of resonance in your own palate that support Sanskrit's sacred sounds, firmly grounding you in proper pronunciation of this ancient language.

Along the way you'll learn the alphabet—itsself a lovely chant—and you'll receive the tools you need to explore some of the Yoga Sutras and chants in the beautiful script of Sanskrit, devanāgarī. ASI's teaching method, developed over many years by Vyaas Houston, makes learning Sanskrit stress-free and FUN!

## Sanskrit 2

This Level II weekend workshop will help you continue to refine your understanding of the unique points of resonance in your own palate. And you'll also continue to refine the proper pronunciation of this inspiring ancient language.

You'll learn to read compound consonants, begin to study basic Sanskrit grammar and chant the Yoga Sutras. You'll receive the tools you need to continue in depth exploration of your favorite sutras and chants in the beautiful script of Sanskrit, devanāgarī.

### Sanskrit 1

February 24,25,26, 2012

Friday Evening 6:30 – 8:30pm

Saturday 12:30 – 5:00pm

Sunday 12:30 – 5:00pm

**\$225.00**

### Sanskrit 2

March 30, April 1, 2012

Saturday 12:30 – 5:30pm

Sunday 12:30 – 5:30pm

**\$225.00**

**\*\$405.00** if you register for both workshops at the same time.



**Pre-registration required. You can receive Yoga Alliance CEU's for these workshops!**

## SUN DOG YOGA STUDIO

17 West State St. - Doylestown, Pa. - 215-230-4031 - WWW.SUNDOGYOGASTUDIO.COM