
ABOUT JO BRILL

Jo Brill studies Sanskrit with Vyaas Houston of the American Sanskrit Institute. She is one of the few teachers nationwide certified by and affiliated with ASI. Her work has been mentioned in *New York* magazine.

A certified yoga teacher since 2005, Jo received her training at Yoga for Well-Being in Goshen, NY. She is affiliated with the Krishnamacharya Healing & Yoga Foundation in Chennai, India. She has practiced yoga for more than 15 years and continues her studies with Mia Azcue.

Jo founded Yoga for Awareness in 2007 in order to share the teachings that she has received.

ABOUT THE AMERICAN SANSKRIT INSTITUTE

The **American Sanskrit Institute** was founded by Vyaas Houston M.A. in 1989 with a vision of Sanskrit as a universal sacred language.

Using a learning method based on the theory and practice of yoga, ASI courses emphasize the ease and joy of learning Sanskrit through an immersion experience, the enjoyment of making the sounds, fluently reading the original *Devanagari* script, and directly reading, chanting and understanding sacred literature.

ASI publications *Sanskrit by CD* and *Sanskrit Atlas 1.0* have enabled students on all continents to gain access to original sacred texts.



Yoga for Awareness

www.yogaforawareness.org
646-961-4981
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American Sanskrit Institute

www.americansanskrit.com
800-459-4176
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CHANT AND LEARN

Sanskrit

WITH

Jo Brill

Yoga for Awareness



PERFECTLY REFINED,
Sanskrit is the language of yoga.

ANYONE CAN RESONATE
with *Sanskrit's* timeless sounds—
connecting to profound and
beautiful words and ideas.

REWARDS ARE MANY
for those who take the time to
see, hear and feel the power and
elegance of *Sanskrit*.

Sanskrit-

The Language of Yoga



HOW TO LEARN SANSKRIT

The first step in learning Sanskrit is to develop an intimacy with its sacred sounds. Become familiar with the exact location of each sound; feel its force and power; and experience the unique way that sound vibrates in your palate and your body. It's simple and natural.

Yoga teachers and yoga teacher trainers particularly benefit from this powerful practice. But anyone can enjoy it. No prior knowledge is required.

The American Sanskrit Institute's breakthrough weekend has empowered thousands of people to get to the heart of Sanskrit and the healing power of sound.

The remarkable teaching system developed over many years by Vyaas Houston of the American Sanskrit Institute makes learning Sanskrit stress-free and FUN!

Above all, enjoying sound is at the heart of the ASI program.

INTRODUCTORY WORKSHOP

A 14-hour immersion experience, ASI's carefully structured introductory weekend workshop is an educational adventure. It will give you a permanent connection to the beauty and energy of Sanskrit.

It's true. Learning an ancient language can be fun and easy. ASI's dynamic model of yoga in the classroom supports a natural and effortless focus.

By Sunday afternoon you will be able to read a yoga sutra and basic vocabulary words. You will chant the entire alphabet with clarity and accurate pronunciation.

अ आ इ ई उ ऊ
ए ऐ ओ औ
ऋ ॠ लृ अं अः
क ख ग घ ङ
च छ ज झ ञ
ट ठ ड ढ ण
त थ द ध न
प फ ब भ म
य र ल व
श ष स ह

ONGOING CLASSES

Add depth and beauty to your understanding of yoga texts by exploring the original Sanskrit as well as traditional translations and interpretations.

Ongoing weekly or monthly study groups are offered to graduates of ASI's intro weekend. Topics include the yoga sutras, chants from the Upanishads, and selections from the Bhagavad Gita.

PRIVATE STUDY

Sometimes individualized instruction works best. Together we can design a session or a course of study perfectly suited to your interests. Or, get help with the excellent home study courses offered by ASI. In person or by phone.

SCHEDULING

This powerful, joyful study can be adapted to almost any setting. We can arrange—

- A distinctive enhancement to your teacher training program,
- A special workshop at your studio,
- A friendly gathering in your living room.

It's truly a privilege to work with people who love the sound of Sanskrit and want to know more. Call any time.

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