

The American Sanskrit Institute's Weekend Immersion

Introduction to Sanskrit

with Jo Brill at Highland Yoga Center



PERFECTLY REFINED, Sanskrit is the language of yoga. Anyone can resonate with Sanskrit's timeless sounds—and connect to words and ideas incredibly beautiful and profound.

REWARDS ARE MANY for those who take the time to see, hear and feel the power and elegance of Sanskrit. Those interested in yoga philosophy particularly benefit from this study.

This weekend workshop will give you intimate familiarity with the unique points of resonance in your own palate that support Sanskrit's sacred sounds. And you'll be firmly grounded 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 your favorite 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!

Jo Brill studies Sanskrit with Vyaas Houston of the American Sanskrit Institute. She teaches through ASI, having received her teacher training there. Jo was led to the beauty of Sanskrit by her yoga practice of 20 years. She is certified as a teacher by the Krishnamacharya Healing & Yoga Foundation, and trained at Yoga for Well-Being in Goshen, NY. Jo continues her yoga studies with Mia Azcue. More about Jo at www.yogaforawareness.org.

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September 17- 18, 2011

Saturday and Sunday

9 am to 12:30 pm, 2 pm to 5:30 pm

Register

info@highlandyogacenter.com

612-408-0434

\$235 by August 15, \$250 thereafter

Location

Highland Yoga Center

1040 Cleveland Avenue S

St. Paul, MN 55116

www.highlandyogacenter.com