

The American Sanskrit Institute's Weekend Immersion

Introduction to Sanskrit

with Jo Brill at Yoga for Well-Being



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. Yoga teachers and yoga teacher trainers 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, devanaagari. ASI's teaching method, developed over many years by Vyaas Houston, makes learning Sanskrit stress-free and FUN!

Jo Brill is one of the few teachers nationwide certified by and affiliated with the American Sanskrit Institute. She trained as a yoga teacher at Yoga for Well-Being in Goshen, NY and is certified by the Krishnamacharya Healing & Yoga Foundation. Jo continues her yoga studies with Mia Azcue.

More at www.yogaforawareness.org.

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February 29 – March 2, 2008

Friday 6:45–9:00 pm

Saturday 12:30–7:00 pm

Sunday 11:30 am–5:00 pm

\$200 register by Feb 22

\$225 thereafter

CEU, Yoga Alliance

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