

Discovering The Inner Limbs Of Yoga

A Workshop with *Sonia Nelson*

May 1 to 3, 2009

Meditation Workshop

Meditation is an important part of a mature and deepening yoga practice. Yoga provides many tools to move the mind in a chosen direction through practices that are at once profound, accessible and easily integrated into daily life. Using the tools of Pranayama, Mantra, Mudra, Gesture, and Visualization, we will explore the theory and practice of meditation from the yoga tradition.

Patanjali's Yoga Sutra

Through the traditional method of listening and repeating, learn to chant selected sutras from the four books of Patanjali's Yoga Sutra. Step by step instruction will provide skills in basic chanting techniques, Sanskrit pronunciation, and the reading of standard transliteration. The sutras selected for study will be most relevant to meditation.

Sonia Nelson



Sonia, Director of the Vedic Chant Center, has been a student and teacher of Yoga and Vedic Chant for over twenty five years. As a student of T.K.V. Desikachar since 1975, she is a certified Teacher Trainer in association with the Krishnamacharya Healing and Yoga Foundation (KHYF).

In addition to integrating the use of chant into yoga practice, Sonia gives seminars and workshops nationwide and at the center in Santa Fe and has released a number of CDs including tutorials for learning Vedic Chant and the Yoga Sutra of Patanjali. Currently Sonia focuses her teaching on continuing education and personal development for yoga teachers.

Registration and Information

Location

Yoga For Well-Being®
2 Industrial Drive, Florida New York 10921
845-651-9642
www.yogaforwellbeing.org
email: wellbeing@warwick.net

Schedule and Pricing

Full Weekend Both Events \$275

Meditation

May 1	Friday	6pm to 8pm	\$60
May 2	Saturday	10-1 and 3-5pm	\$100
May 3	Sunday	10-1 and 3-5pm	\$100

Yoga Sutra

May 1	Friday	10 to 1pm	\$60
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Contact

Fran Ubertini
845-651-9642
Email: wellbeing@warwick.net

**Registration is limited. Reserve your place as soon as possible.
Preference will be given to those attending full weekend event.
No refunds past April 25th.
Credit cards accepted.**