

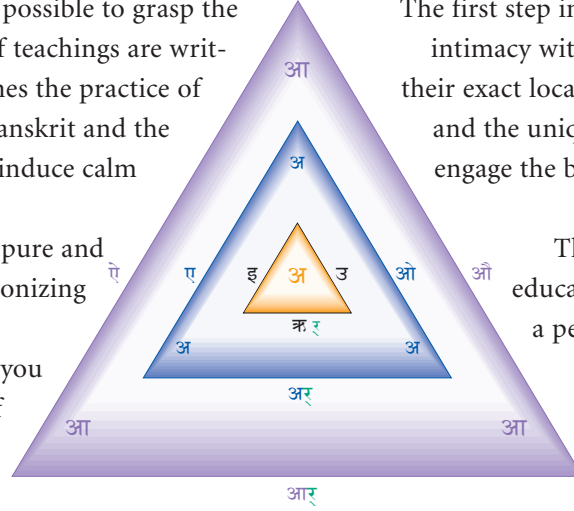
अथ योगानुशासनम् ।

By the end of a weekend you'll be reading this sutra,
savoring the precise pronunciation and pure energy of Sanskrit,
and gaining direct access to the ancient wisdom of yoga
encoded in this sacred language.

Knowledge of Sanskrit makes it possible to grasp the subtleties of yoga, whose body of teachings are written in Sanskrit. Since ancient times the practice of yoga has included the study of Sanskrit and the chanting of Sanskrit mantras to induce calm and clarity in meditation.

Sanskrit is integral to yoga – its pure and sacred sounds essential for harmonizing and balancing the mind.

This Sanskrit training will teach you how to approach the language of yoga – as a yoga – that is both enjoyable and inspiring.



The first step in learning Sanskrit is to develop an intimacy with its sounds; become familiar with their exact location, feeling their force and power, and the unique way they vibrate the palate and engage the breath. Above all, enjoying sound is at the heart of our program.

The 14 hour **Sanskrit Training** is an educational adventure that will give you a permanent connection to the beauty and energy of Sanskrit as well as a dynamic model of yoga in the classroom that supports a natural and effortless focus.

“Thank you so very much for the wonderful weekend of Sanskrit Training – it has literally changed how I live my life, both professionally and as a parent. Not only is it a great pleasure to be learning such a melodious and ancient

language and start the baby steps of learning great works, but the weekend with you has taught me how to focus in all other areas of my life – to be here in the present and to make the choice to stay here.” Fiona L'Estrange, NYC

THE SANSKRIT TRAINING

with Kathryn Payne

SEATTLE

May 22, 23 2010

Part II May 29

REGISTER BY SENDING FULL TUITION TO: KATHRYN PAYNE

12601 Cunliffe Road, Vashon, WA 98070

NAME _____

ADDRESS _____

CITY / ST. _____ ZIP _____

TEL. _____

EMAIL. _____

LOCATION: SOUND YOGA
5639 CALIFORNIA AVENUE SOUTHWEST
SEATTLE, WA.

TIMES: SAT. & SUN. 11:00AM-6:00 PM
PART II 11-5 PM

TUITION: \$225 / II \$95

TELEPHONE: 206.778.5805

CONTACT: KATHRYN - KP@ISLANDYOGACENTER.COM

REFUND: FULL LESS \$25 BY MAY 14

Since 1989 **Kathryn Payne** has practiced yoga, influenced by Iyengar teachers and especially Dona Holleman. Her understanding of yoga shifted radically in 1995 when she began her study of Sanskrit with Vyaas Houston. Kathryn is Co-Founder of the Pacific Yoga Teacher Training in Seattle and founded Island Yoga Center on Vashon Island, where she lives with her husband and 10 year old daughter.

FOR REVIEWS AND MORE DETAILS ON “THE SANSKRIT TRAINING”

- WWW.AMERICANSANSKRIT.COM -