

Sanskrit Alphabet Part 1A

Sanskrit is said to have been realized by the sages in a state of meditative awareness or *Samadhi*.

This class is taught according to the unique method developed by Shri Brahmananda Saraswati as the “science of vibration.” In this class we will focus on experiencing sound vibration through the discovery of the five mouth positions. Come and experience Sanskrit as a joyful asana dance going on in your heart and mouth!

* Open to beginners, yoga teachers & students of yoga.

Upanishad Class

The Upanishads were written by sages of India between the eighth century and the fourth century b.c. They are the final part of the Vedas, the most ancient and sacred scriptures of India. The word *upanishad* literally means “sitting down near” and implies studying with a spiritual teacher. Manorama will take you on a journey to your own inner wisdom. Participants will chant and discuss the verses. Come and enjoy these beautiful teachings while connecting with the heart.

* Open to beginners, yoga teachers & students of yoga.

CLASS SCHEDULE

Winter 2003 At
Jivamukti Yoga Center

Sanskrit Alphabet

Part 1A

4 week Course

February 7th - March 14th, 2003

*No class 2/28 or 3/7

Fridays 9:00am – 12:30pm

Cost: \$225

Sanskrit Alphabet

Part 1A

4 week Course

April 18th - May 9th, 2003

Fridays 9:00am – 12:30pm

Cost: \$225

LOCATION:

Jivamukti Yoga Center
404 Lafayette Street 3rd Floor
New York, NY 10003

(212) 353-0214

www.jivamuktivyoga.com

To Contact Manorama
(212) 696-8932

www.sanskritstudies.org

sanskritstudies@yahoo.com

Introductory Upanishad Workshop

Saturday March 15th

4pm – 7pm

Cost: Advanced: \$25/ Day of: \$30

New Upanishad Course

4 weeks

March 21st - April 11th 2003

Fridays 9:00am – 12:30pm

Cost: \$225

WHAT YOU WILL LEARN WITH

SANSKRIT STUDIES:

- Learn the Sanskrit Alphabet
- Learn how Sanskrit relates to Yogic Philosophy
- Develop your pronunciation and understanding of Asana names
- Experience the five mouth positions
- Learn about the sacred sound, 'OM'
- Develop your knowledge of Sanskrit grammar
- Practice of Yogic teachings through the direct study of sacred texts
- Enjoy the beauty of chanting these healing sounds



**Manorama
(Thea D'Alvia)**

Studied Sanskrit, Yoga and Meditation extensively with Shri Brahmananda Saraswati (Dr. R.S. Mishra)

She teaches at Ananda Ashram in New York, Jivamukti Yoga Center, Integral Yoga Institute, The Himalayan Institute, as well as other local centers in NYC. She travels and conducts workshops both nationally and abroad.

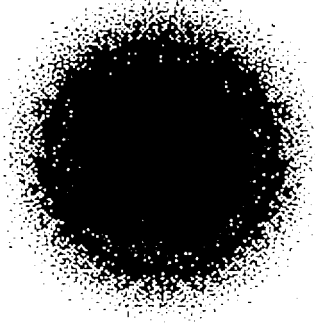
Manorama (Thea D'Alvia) continues her studies in Sanskrit at Columbia University, as well as with Dr. R.K. Sharma, the president of the International Sanskrit Studies Association (ISA). She is a certified instructor for ASI and is a graduate of Columbia University.

Sanskrit Studies

With Manorama

At

Jivamukti Yoga Center



Learn about the Sanskrit Language!
The language of
mantra and *revelation*.

Fall & Winter 2002 - 2003
www.sanskritstudies.org
(212) 696-8932