

Namaste Everyone,

I'm delighted to inform you all that *Shruti Institute* (www.shrutiinstitute.com) will once again be offering some amazing workshops in Anchorage from August 6 to 15, 2010. Detailed descriptions of each course, the times and dates of each are presented in the text below my message. At the end of the message is a graph of course costs, both individual and discounts for multiple class registration. This is a unique opportunity to take advantage of a full week of classes almost daily, with 2 master instructors without leaving your home state.

Many of you were disappointed that you missed last year's Sanskrit for Yogis workshop. Dr. Katyayani Poole will once again be offering this highly effective and enjoyable workshop on the weekend of August 6-8, 2010. It is for yoga teachers and students who would like to enhance their knowledge of the sacred language of yoga and Vedic chanting. An article by Dr. Poole is attached for you to read. This is a required prerequisite for enrolling in Feeling the Alphabet of the Body.

Sri Jeff Poole will be offering The Blissful Wave Technique, an "effortlessly simple meditation practice that very effectively and rapidly opens your awareness to its own unbounded nature. This Vedic meditation is taught in the same manner as it's been taught for thousands of years." It will be offered over 4 consecutive days- Sunday, August 8 through Wednesday, August 11 (times in course description text below).

And lastly, Dr. Katyayani Poole will be offering Feeling the Alphabet of the Body, an immersion into the Hatha Yoga Pradipika. We were given a small taste of this work last year and it left no doubt that this will be a fascinating and deeply transformational class. This 10-hour course will be offered over the weekend of August 13-15.

Sanskrit for Yogis will be held at Inner Dance Yoga Studio. Locations for the other workshops will be determined soon.

Contact me to register. Your space will be reserved by sending the full payment for the course or courses you choose. Make checks payable to Lynne Minton and send to PO Box 190121 Anchorage, AK 99519. Please include a contact phone number and email address if you did not receive this information by email.

Hope to see you!

**Pranams,
Lynne**

1. Sanskrit for Yogis™ - Immersion Classes

(10 hours of instruction over a weekend)

Led by Dr. Katyayani Poole, Ph.D., Sanskrit Scholar & Author of *Sanskrit for Yogis™: Introduction to Nāda, The Yoga of Sacred Sound* (August 6-8, Friday 7:15-9:15 PM, Saturday 9:30-12:30 and 2:20-4:30, Sunday 9:30-12:30) Location: Inner Dance Yoga Studio

Sanskrit is the language of Yoga because its 50 distinct sounds enliven and awaken the inner core - uniting body, breath and spirit. In this interactive workshop, you'll discover how the precise pronunciation of Sanskrit:

- Enlivens the Central Nervous System
- Enables Effortless Meditation
- Invigorates Your Yoga Practice

And as a bonus, you'll experience the ancient art of Vedic Chanting and its contribution to all the sacred traditions of Yoga.

2. Feeling the Alphabet in the Body™ - Immersion into the Hatha Yoga Pradipika (10 hours of instruction over a weekend)

With Sanskrit Master, Dr. Katyayani Poole, Ph.D. (August 13-15 Friday 7:15-9:15 PM, Saturday 9:30-12:30 and 2:20-4:30, Sunday 9:30-12:30) Location: to be determined--SOON

Understanding the proper Sanskrit pronunciation for the names of the yoga postures is only a first step in this powerful program.

When properly chanted according to precise pronunciation, the yoga postures are effectively set in motion throughout the body. Learning to pronounce the Sanskrit names for the postures enlivens the flow of energy throughout all the energy centers of the body (i.e., *cakras*, *nadis* and the *marmani*) providing a complete experience of the posture through Sanskrit's relationship with name and form, meaning and feeling. This class explores in detail why the ancient *rishis* selected the specific Sanskrit names for each of the yoga postures.

In this class, you'll:

- *Master* proper pronunciation of the yoga postures and the understanding of how each posture enlivens the *cakras*, *nadis* and *marma points* within the subtle nervous system;
- *Establish* a daily practice of Vedic chanting in Sanskrit to expand your Yoga practice and;
- *Create* a sacred influence in your Yoga classes to inspire your students toward profound spiritual growth

Even though Yoga has made great strides in the West with its booming

popularity, the true purpose of Hatha Yoga is often misunderstood. While Yoga has been proven to increase physical health and happiness, its relationship to higher spiritual awakening, however, is just now beginning to capture the interest of serious practitioners and Yoga teachers.

According to the Hatha Yoga Pradipika, Yoga refines the human nervous system to perceive more subtle realms of creation. The primordial sounds of Sanskrit, specifically, are the technologies of awakening higher states of consciousness within the subtle body.

This is a course in learning the Sanskrit names for the Yoga postures and provides instruction in Sacred Sound and the Subtle Body. The course instructs you in relating the anatomy of the subtle body (the *marmas, nadis and cakras*) to the 50 sounds of Sanskrit. You'll also discover how the names of the Yoga postures in Sanskrit serve to establish an energetic flow of *prana* between the physical and subtle physical bodies.

Join Sanskrit & Vedic Chanting expert, Dr. Katyayani Poole, Ph.D. as she explores this profound relationship between sacred sound, the subtle body, and the ultimate goal of Yoga – to free your limitless and unbounded Self.

“True asana is that which the thought of Brahman flows effortlessly and incessantly through the mind of the sadhaka.”
~ B.K.S. Iyengar

3. The Blissful Wave Technique™ - An effortless personal meditation practice for regenerating life (8.5 hrs of instruction over 4 consecutive daily sessions) Times listed in daily schedule below, location to be determined--SOON

Taught by Sri Jeff Poole, Vedic Meditation Master

Meditation is the delicate art of doing nothing, in order to achieve deep conscious rest for mind and body. It shouldn't require years of arduous practice to experience your inner silent Self. Instruction in effortless meditation of the **Blissful Wave Technique™** is a simple step for anyone regardless of age, occupation or beliefs. This Vedic meditation is taught in the same manner as it's been taught for thousands of years.

The **Blissful Wave Technique™** is an effortlessly simple meditation practice that very effectively & rapidly opens your awareness to its

unbounded nature in the 4th state of consciousness, known in Sanskrit, as **turéya**, or **restful-alertness**. This meditation practice brings an immediate experience of deep rest and relaxation, found most effective in eliminating fatigue, increasing your energy, and leaving your mind-body clear, calm and relaxed.

Through Personal Instruction & Direct Experience this Vedic Meditation Course Reveals:

- Nature of the body, breath and mind
- Foundations of naturalness & effortlessnes
- Obstacles to correct meditation
- Mechanics of meditation
- Consciousness and the nervous system ... and much more!

Course Curriculum Outline:

- **Day 1:** Introduction (1.5 hr) - Overview & explanation of meditation covering what will be taught in the workshop **(sunday, August 8, 1-2:30 PM)**
- **Day 2:** Instruction and First Experience (3 hrs) – Personal instruction in an effortless Vedic meditation practice. Discussion of experiences with emphasis on ensuring correctness of practice and understanding experiences of effortlessnes. **(Monday, August 9, 5:30-8:30 PM)**
- **Day 3:** Second Day of Instruction (2 hrs) - Follow-on instructional session regarding the practice and consideration for the range of potential experiences that arise during meditation. Recognizing positive effects & benefits attributed to and developed by the practice, including awareness of the eliminative and purification processes achieved through deep relaxation and restful alertness in the body-mind system. Checking progress of the personal practice for continued ease & effortlessnes. **(Tuesday, August 10, 5:30-7:30 PM)**
- **Day 4:** Third Day of Instruction (2 hrs) – Continued follow-on instruction and detailed discussion of experiences with emphasis on the mechanics of consciousness & the nervous system, understanding stress and how meditation releases it to reduce toxins and untie knots within the connective tissues and physiology. Gaining a greater appreciation of consciousness and the nervous system and personal development through the continued discipline of regular daily meditations. Ongoing programs and activities for enhancing the practice. **(Wednesday, August 11, 5:30-7:30 PM)**

- Take any workshop at 100%, any 2 for ~15% off, all 3 for ~25% off.
So here's what it would look like:

Workshop Costs	100%	85%	75%
SFY -	\$185	\$155	\$135
Blissful Wave-	\$250	\$210	\$185
Feeling the Alphabet -	\$375	\$315	\$280
Total	\$810	\$680	\$600