

# Essential Sanskrit



with **Cynthia Snodgrass**

Sanskrit is the language of ancient Indian ritual and prayer. It is the root of many languages in India and of the Indo-European language family, thus feeling a bit strange, yet at once familiar. It is a call to our past, and, as the language of spiritual texts, grounded in Source, points us to our future. So it is, that when we chant Sanskrit, we feel, somehow unexplainably, at home. We chant ancient sounds that are "broadcast" into our bodies, into our very cells, which, in turn, resonate with the sounds and the texts that have been chanted for centuries for spiritual attunement.

This workshop concentrates on how to pronounce yoga postures, and how to be comfortable chanting in yoga class. It is open to anyone, including:

- 300-hour TTs (for Level 1 hours) and 700-hour TTs (for Level 2 hours)
- students generally interested in the ancient language of yoga

*Cynthia Snodgrass has been devoted to the sacred sounds of Sanskrit since 1994. She studied at Harvard University and trained extensively at the American Sanskrit Institute with Vyaas Houston, where she was the Senior Instructor for five years. She is the founder of the Sacred Sound Institute, and producer of CDs Essential Sanskrit:1, Yoga Posture Pronunciation and II, Prayers and Invocations, Waters from the Sun/Moon: An Altar of Sound, and Dream Chants.*

**Saturday and Sunday October 6 and 7**

**12:30 to 5:30 pm**

\$190

Fairfax

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Event: **Essential Sanskrit** Location: **Fairfax** Fee: **\$190**

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