



TEN-HOUR INTRODUCTION TO *SANĀSKRIT* INTENSIVE

*(including Restorative Practice breaks
accompanied by lush, Sanskrit chants)*

with Shari Goodhartz, ERYT-500

योग = yoga

Learn how to read, write and pronounce the
basic syllabary of the original language of yoga.

Unlike English, Sanskrit is a completely phonetic language, so the symbols always sound the same. This makes it incredibly easy to learn the basics. There's also intentionality to Sanskrit that's simply amazing – it's a language that was thought-out as it was developed, and based on the way human beings actually speak. It even reflects the spiritual underpinnings of a yogic world-view: the common sound Om is full of meaning, enfolding an origin myth of the entire Universe... Come and enjoy exploring the ancient world through modern eyes. You will likely be able to write your name in Devanāgarī (Sanskrit script) by the end of the weekend!

Shari Goodhartz is an Experienced Registered Yoga Teacher (ERYT-500) who began teaching yoga in 2000. Her Sanskrit studies began in 2002 with an introductory workshop with Dr. Marcy Braverman Goldstein. However, most of Shari's experience with this ancient language has been self-taught, and greatly influenced by both her linguistic studies in college and her 30-year career in Hollywood – first as a corporate communications executive, then as a multi-award-nominated writer. With the dual intent of promoting critical thinking skills and re-framing traditionally authoritarian ideas to be accessible and relevant for 21st century audiences across the globe, her original translations of various sutras and mantras can be found on her website (www.shrishari.com) and her blog (www.shrishari.blogspot.com).

Friday May 17

7:00 - 9:00pm

Saturday May 18

12:00 - 4:00pm

Sunday May 19

12:00 - 4:00pm

Workshop fee: \$105

Early Registration:

\$95 if paid before 5/10/13

Super Early Registration:

\$85 if paid before 4/30/13

Very Popular

Please call for reservation

or sign up online.

Space is limited

Teachers receive

10 continuing

education units

toward

Yoga Alliance®

renewal

