

CHANTING WORKSHOP WITH LESLIE FREYBERG



Leslie Dillingham Freyberg is a faculty member of the American Sanskrit Institute and a graduate of Sonia Nelson's Teacher Training Program in Vedic Chanting in the lineage of T.K.V. Desikachar and Krishnamacharya. Leslie continues to study with the renowned Ms. Nelson and is also a faculty member at Patricia Walden's Yoga Mala Teacher Training Program. As a Certified Iyengar Yoga teacher, Leslie uses her skills to enhance her Chanting courses, making her classes accessible to all.

Chanting has been shown to improve listening skills, heighten energy and create more sensitivity toward others. Chants can express devotion, gratitude, peace, compassion and call in light to someone's life.

With Leslie's guidance, students will be instructed in a way that gives confidence and reveals the joy and peace that chanting produces.

Saturday, March 3rd; 1-4 pm

- Introduction to the Sanskrit alphabet and the five essential mouth positions through listening and chanting. This will include chanting the alphabet in the style of bija mantra; sounds which cannot be translated into literal meaning but have the power to create great transformative growth and expansion at the physical, emotional, and spiritual levels.
- Brief yet inspiring intro to mantra or shloka (verses)
- Chant and unveil the meaning of Sutras; Chapter 2 of Yoga Sutras of Patanjali, Sutras 1-16.

Sunday, March 4th; 1-4 pm

- Chant and unveil translation of Bhagavad Gita, chapter 12. This chapter has lovely verses on faith.

REGISTRATION FORM

Name: _____ Phone: _____

Address: _____

Email: _____ Payment enclosed: _____

Entire workshop _____ Saturday _____ Sunday _____

_____ \$10 discount for IYANW/IYNAUS members****

10221 Ballinger Way NE #209 Shoreline WA 98155

SATURDAY

MARCH 3RD 1-4 PM

SUNDAY

MARCH 4TH 1-4 PM

\$150 BOTH DAYS

OR

\$80 FOR ONE DAY

\$10 DISCOUNT FOR
IYANW/IYNAUS
MEMBERS

TO REGISTER:

Mail registration form
with check, call studio
206-361-YOGA(9642)

or email

angela@thiyoga.com

WWW.THIYOGA.COM

(CAN PAY ON DAY OF WORKSHOP)

