



# Intensives By Design

with Sonia Nelson

*- scheduled and adapted to your needs -*

*Small group workshops with a maximum of 15 participants are now available through Antaranga Yoga and the Vedic Chant Center.*

These workshops can be scheduled for existing groups of teachers and students interested in studying in an intimate setting that encourages a highly integrated learning experience.

*Possible topics include but are not limited to:*

- *The Use of Chant in Yoga practice*
- *The Use of Chant in a Therapeutic setting*
- *The Study and Chanting of Patanjali's Yoga Sutra*
- *The Art of Vedic Chant*
- *Meditation in Yoga through Chant, Gesture and Visualization*
- *Principles of Individualized Yoga Teaching and Mentoring*
- *Honoring Nature and Spirit in Yoga practice*

Sonia Nelson, will be the main instructor assisted by senior teachers. All classes take place at the Vedic Chant Center in Santa Fe, New Mexico. Accommodations are the responsibility of the individuals or group coordinator.

For more information or to schedule a workshop please send an email with specific questions and details to: [info@vedicchantcenter.org](mailto:info@vedicchantcenter.org)

*Sonia Nelson, a student and teacher of Yoga and Vedic Chant for over thirty years is a Certified Teacher Trainer in association with the Krishnamacharya Healing and Yoga Foundation (KHYF).*

*As an ongoing personal student of T.K.V. Desikachar since 1975, Sonia has long term experience in the one on one teacher/student relationship and small group study that is so essential to growth and healing through yoga.*

*Through workshops and private instruction, Sonia focuses her teaching on continuing education and personal practice development for yoga teachers and in depth study of Vedic Chant as well as its application to the western context.*