



OLD TOWN YOGA

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Weekend Workshop with Sonia Nelson

Introduction to Vedic Chant

Experience and learn the art of Vedic Chant. Vedic texts, thousands of years old, are presented in the Sanskrit language and contain wisdom still relevant to the challenges we face in the modern world. But it is the act of chanting itself that brings life to these texts as well as to the person listening and reciting.

Through time honored principles of instruction found in the Vedas, we will explore listening and chanting as an integrating experience for body, mind and breath.

Instruction will be given for using the breath to support the voice, the reading of standard transliteration and Sanskrit pronunciation. Simple movement and breathing will be taught to enhance the experience of sitting and chanting.

Honoring Nature & Spirit

Using Chant, Mantra Recitation, Gesture, Mudra, Pranayama, and Visualization you will be guided through simple, yet traditional, meditation procedures enabling you to effectively practice on your own.

The practices will be based on the concept of upasana - to come close and remain near. Using the tools of chant and yoga - including elements of ritual, movement and breathing, we will explore practices that connect and keep us close to ourselves, each other and our source.

About Sonia Nelson: Director of the Vedic Chant Center, Sonia has been a student and teacher of Yoga and Vedic Chant for over thirty years. As a student of T.K.V. Desikachar since 1975, Sonia is a Certified Teacher Trainer in association with the Krishnamacharya Healing and Yoga Foundation (KHYF)

Sonia gives seminars and workshops nationwide and at the center in Santa Fe. She has released a number of CDs including tutorials for learning Vedic Chant and the Yoga Sutra of Patanjali. Through individualized instruction, Sonia currently focuses her teaching on continuing education and personal practice development for yoga teachers.

August 13th, 14th & 15th

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