



IYENGAR
YOGA
CENTER
OF BOISE

VEDIC CHANTING WORKSHOP WITH LESLIE FREYBERG FEB. 23 – 25, 2018

Sanskrit grammar offers a beautifully clear structure as was recognized over 2,500 years ago. Every sound in Sanskrit produces a powerful vibration. When combined with other sounds, they produce specific words and phrases.

In this course you will learn the entire Sanskrit alphabet in conjunction with sources such as the *Yoga Sutras of Patanjali*, the *Bhagavad Gita*, and *mantras* and verses from other traditional Sanskrit texts. Learning the five mouth positions is the first key to finding the correct pronunciation of each letter. Participants will then discover the resonance of their own voice as they chant every sound. This is a comprehensive and empowering course, enabling students to enjoy chanting with confidence.

Leslie Dillingham Freyberg is a faculty member of the American Sanskrit Institute. A graduate of Sonia Nelson's Teacher Training Program in Vedic Chanting in the lineage of T.K.V. Desikachar and Krishnamacharya, she recently completed a course in Vedic Chanting at Desikachar's shala, the Sannidhi Krishnamacharya Yoga Center in Chennai, India. She continues her studies with the renowned Ms. Nelson in Santa Fe, NM. Leslie is also a member of the faculty of Patricia Walden's Yoga Mala Teacher Training Program. Using her skills as a Certified Iyengar Yoga teacher to inform her teaching, Leslie has earned the reputation of leading engaging and meaningful classes nationwide.



CLASS SCHEDULE

1512 N. 10th St.
Boise, ID 83702
iyengaryogaboise.com

Fri. Feb. 23rd 6-8pm
Sat. Feb. 24th 9-11am
Sat. Feb. 24th 2-4pm
Sun. Feb. 25th 9-11am

COST

Full workshop \$168
(includes optional Fri. night session)
Saturday/Sunday \$126
(practices are progressive; students are encouraged to attend all)
Friday night only \$45

Register online at www.iyengaryogaboise.com or on MINDBODY
To register by mail, send in the form below with your payment to 4164 N. Blue Wing Pl., Boise, ID 83714
Please make checks payable to Iyengar Yoga Center of Boise
Questions: email info@iyengaryogaboise.com

REGISTRATION FORM

Name: _____ Phone: _____

Address: _____ City, State, Zip: _____

Email: _____ Payment Enclosed: _____

Classes attending (please check all that apply): **whole workshop** ___ **Friday pm** ___ **Saturday am** ___ **Saturday pm** ___ **Sunday am** ___