

2010



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Advanced Studies

&  
**YOGA**  
Teacher  
Training  
Program

# Sanskrit

with **Christopher Tompkins**

December 3, 4, 5, 2010

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- Dates:** One weekend, 16 hours: December 3, 4, 5, 2010
- Times:** Friday, December 3: 6:00-9:30 PM  
Saturday, December 4: 12:00-4:30 PM & 6:00-8:30 PM  
Sunday, December 5: 12:15-5:45 PM
- Place:** Santa Barbara Yoga Center • (805) 965.6045  
32 East Micheltorena Street, Santa Barbara, CA 93101
- Prices:** \$300 if full payment (deposit plus balance) is made by October 22, 2010  
\$350 if balance is paid after October 22, 2010
- Deposit:** \$150 deposit, required to reserve your place, is refundable (minus \$75 cancellation fee) only until 11/5/10.  
**Balance:** Balance is due by, and is only refundable until, November 5, 2010. NO REFUNDS after 11/5/10
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## SANSKRIT

Sanskrit is the language of Yoga, words of power subtly attuned to the unseen harmonies of the matrix of creation. It is a living heritage of great rishis, the enlightened ones, who walked the earth thousands of years ago and taught the path of Yoga. It presents us with a compelling responsibility and a lifelong challenge, while it inspires us to remain fully engaged in exploring what's possible for a human being. Learning Sanskrit is an opportunity to know directly for ourselves what ancient Yoga practitioners discovered long ago.

This class will introduce the Sanskrit alphabet and serve as a guide to basic pronunciation of asanas and terms that are key to Yoga philosophy and practice.



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### The Instructor:



*Christopher Tompkins*, MTS, MA, PhD track, has 3 degrees in Religion and Sanskrit, including Master's Degrees from Harvard and UC Berkeley. Christopher lectures nationally in Universities and Yoga centers on the history, philosophy, and practices of Indian Yoga. He is currently collaborating with Anusara Yoga to write "The Integrity and Evolution of Tantric Yoga". [www.shaivayoga.com](http://www.shaivayoga.com) He is the co-ordinator of the Foundation for Yoga ([www.yogasthana.org](http://www.yogasthana.org)).

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