



*Toward Stillness
Meditations*
www.towardstillness.com



Present

SANSKRIT:



**Pronunciation
and Vocabulary**



Tony Murdock, MA, Meditation Facilitator
www.towardstillness.com

Tony Murdock has been practicing meditation and studying yoga philosophy and mysticism since 1972. He has a Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies. Tony has been sharing meditation with others since 1998.

SANSKRIT: PRONUNCIATION AND VOCABULARY

The focus of this session will be to:

- learn to recognize and pronounce the letters of the Sanskrit alphabet.
- learn the key to understanding the transliterated form of Sanskrit words as they appear in the English alphabet.
- learn the pronunciation and the meaning of words that are commonly used in our yoga work...with special emphasis on the asanas.
- enable us to strengthen our skills for Sanskrit chanting.
- learn some Sanskrit chants.

Saturday: Nov 7th

1:30 – 5:30 pm

Fee: \$55.00 + HST

Prior experience of the Sanskrit language is not required.

Please register early due to limited space.

**LOCATION:
Yoga by Sarah**

20 Grote Street
St. Catharines, ON
L2N 2E7

To register call (905) 682-4469

