



# vedic chanting workshop



Chants from the Yoga tradition  
inviting peace and transformation from within

This workshop will introduce you to the Sanskrit alphabet, and the historical tradition of learning chanting from the “shruti” method. We will chant ancient Vedic slokas (invocational prayers) and mantras recorded by the Rishis (sages) for healing, removing obstacles, and bringing peace for the benefit of all. We’ll cover what is known about the history of these chants, and delve into their traditional and universal (non-theistic) interpretations. Chanting will be led in the traditional call-and-response style with emphasis on correct pronunciation and understanding the phonetics of Sanskrit language. The practice will conclude with meditation.

Each session begins with chanting the Sanskrit alphabet, and then moves into exploring several slokas and mantras. You’ll receive copies of the material that we cover as well a practice CD; more comprehensive practice booklets will be available for you to purchase if you like.

Upcoming monthly Sat/Sun dates:

Sat. 11/17, Sun. 12/9, Sat. 1/12

1PM-4PM @ THERAPILATES

920 41<sup>st</sup> Ave., Ste. A IN SANTA CRUZ

\$30 includes materials and practice CD

100% of proceeds from workshops benefit FOTSI Tibetans in India

For more info or to download a flier visit: [www.phoenixyoga.net](http://www.phoenixyoga.net)



**About the facilitator:** Phoenix Artemisia, B.A. Psychology, is an Ashtanga Yoga teacher. She has completed three comprehensive trainings with the Ashtanga Yoga Institute of Mount Madonna, the Kali Ray TriYoga Academy, and Parmarth Niketan Ashram of Rishikesh, India. She currently studies Sanskrit with Dr. Sarasvati Mohan. She has led chanting workshops locally and internationally since 2005. She experiences the potency of chanting as a powerful way to connect with Source, and to awaken and open the heart of wisdom.