

**School
For
Yogic
Studies**



**501 Fifth Avenue, 2nd Floor
New York, NY 10017
Tel: (212) 490-1443
info@yogasutranyc.com
www.yogasutranyc.com**

Sanskrit Chanting Series with Guta Hedewig

Three Part Series on FRIDAYS from 1:30-2:45pm:

October 9th, 23rd and November 6th

Guta Hedewig



Guta Hedewig has studied the teachings of Krishnamacharya, including the Yoga Sutra-s of Patanjali and Vedic Chanting, with TKV Desikachar and Kausthub Desikachar at the Krishnamacharya Yoga Mandiram and the affiliate Vedavani in Chennai, India, as well as with her mentor, Sonia Nelson. She is a certified teacher through the Krishnamacharya Healing & Yoga Foundation and is currently completing their 4-year-long Yoga Therapy Program.

About the Chanting Series

Vedic Chanting is the ancient art of transmitting the Veda-s orally, from teacher to student, in a strictly prescribed way. This practice hones your listening skills tremendously, improves memory, works to extend the breath fully, and can lead to a deep meditative state.

We will review and refine the six main rules of Vedic Chanting, including going over the Sanskrit alphabet.

We will learn the Asirvada Mantrah ('satamanam bhavatu'), a chant of blessing from the Taittiriya Samhita. We will also chant Laghunyasa ('agnirme') from the Yajur Veda, a chant for health. This chant talks about the interconnectedness of body, senses, mind (citta), energy, and awareness (cit). And we will continue with Yoga Sutra recitation.

This course is open to beginners and experienced chanters alike.

**Cost: \$50 yoga teachers/\$100 full price
Pre-Register at Yoga Sutra (see above)**