



Long Island Yoga Association

October Workshop

Saturday, October 16th, 2010

10:00 a.m. to 2:00 p.m.

The United Methodist Church

407 Main Street, Farmingdale, NY 11735

The Path of Luminous Shabda: Sanskrit & Mantra Yoga A Mantra & Meditation workshop with Manorama

During this workshop of personal and spiritual exploration combined with mantra study, Manorama will guide the student on the Path of Luminous Shabda, sacred sound as light. A sampling of topics covered in this workshop include: Understanding why Sanskrit sounds are energetically healing, gain direct access to the vibration sounds of the Sanskrit Alphabet, develop insight into the unique relationship that exists between breath and sound, between energy and consciousness, practice Meditation and Sound Yoga to restore the mind to a natural state of tranquility and joy. Join Manorama for this unique course designed to awaken the mind and heart of the individual in his/her quest for Sanskrit & Yogic knowledge, Tap into the luminous blueprint of energy that exists within, though awareness of sound. This workshop offers a new lens through which to view the vast and enlightening subject_ Sanskrit, language of Yoga.

Manorama the Director of the School of Sanskrit Studies in NYC, leads workshops in the Path of Luminous Shabda a path that combines Sanskrit, Meditation and Yoga philosophy. She teaches in NY at Ananda Ashram, Jivamukti Yoga Center, Omega Institute, Integral Yoga, Kripalu Yoga Center and Laughing Lotus Yoga center. Manorama leads workshops nationally, as well as internationally in Europe and Canada. Manorama is known for her dynamic and humorous teaching style. She shares the Path of Luminous Shabda in the tradition that her Guru, Shri Brahmananda Sarasvati taught her. She is a graduate of Columbia University and is the director of the School of Sanskrit Studies in NYC. For more info visit www.sanskritstudies.org

Course materials: FREE for LIYA Members, \$15 additional fee for Non Members

Each course has accompanying books and materials. Students always love them and find them to be a great source of knowledge on the subjects of Sanskrit, Sound vibration & Yoga philosophy

What to bring: a curious mind, notebook, pen/pencil, comfortable fitting clothes

Registration begins promptly at 9:45 a.m.

A light vegetarian buffet will be served at 1:15 p.m.

Please bring a non-perishable food item for donation to a local food pantry.

REFUND POLICY: If you pay a workshop fee in advance and then find you cannot attend, **credit will be applied to the next month's workshop or, if you have paid for that workshop, then credit will be applied to the next unpaid workshop. If the credit is not used at that time, it will be forfeited and placed into the Retreat Scholarship Fund.** However, you **MUST** send in your registration and mark it "**credit from last month.**" If we do not receive your registration, we cannot reserve a space for you. In addition, you **MUST** notify us a minimum of 48 hours prior to the event if you are not attending. Failure to give us 48 hour advance notice at (631) 261-1777 will result in forfeiture of workshop fee.

Long Island Yoga Association

PO Box 657, Northport, NY 11768

Phone: 631 261-1777 Email: longislandyogaassociation@yahoo.com

Website: longislandyogaassociation.org

Please make checks payable to: LIYA

Mail to: Workshop Registrar, LIYA, PO Box 657, Northport, NY 11768

I will attend the October 16th workshop (member) \$30 enclosed/\$35 at the door.

I will attend the October 16th (non-member) \$60 enclosed/\$65 at the door. **Includes course materials fee**

I will attend the October 16th I have a credit from last month.

Pictures of this workshop may be used in the SATSANG or on the website. Please notify LIYA if you do **NOT** want your photo used. **If you are NOT notified, your registration has been accepted. We will see you at the workshop.**

Name _____ Phone _____

Address _____ Zip _____ Check# _____

Email _____