

## *Basic Sanskrit for Yoga, Meditation and Ayurveda Educators*

**Instructor's Name: Indira & Shanta Bulkin**

**Class Name: Basic Sanskrit for Yoga, Meditation and Ayurveda Educators**

**Course Date: Sunday, April 03, 2016**

**Class Time: 9am - 12pm**

**Location of Class: Meru Classroom, CSE Grace Building**

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### **COURSE DESCRIPTION**

This course builds on the Introductory Sanskrit and Chanting Sanskrit courses. Students will continue to explore the energetic vibrational quality of Sanskrit and learn specific mantras, words and phrases. This course will have a particular focus on words, phrases and mantras that are specifically connected with Hatha Yoga, Meditation, Ayurveda, and Seva-Community Ministry. Students will learn how to correctly pronounce Sanskrit terms related to Kriya Yoga—including the eight limbs and yamas and niyams—as well as the names of various pranayama and asana techniques.

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### **TEXT AND HANDOUTS**

- Handouts will be given during class

### **ASSIGNMENT**

- Will be given during class
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*Plagiarism is the use of words, ideas or views of another person as if they were your own. Plagiarism is contrary to the spiritual practices of truthfulness (Satya) and of non-stealing (Asteya)— it is considered to be a form of intellectual dishonesty and, as such, is a serious academic offense. The potential penalties range from receiving “no credit” in the course, to a letter of discipline placed in the student’s permanent academic file, or even suspension or expulsion from the seminary program. Plagiarism includes: passing off another’s written work as your own—whether from a book, magazine, website, paper... any form; failing to give credit to your sources for the ideas, information, and words you have borrowed from them; not quoting when you use another’s exact words; not changing the wording or sentence structure significantly enough when you paraphrase a source.*