

# CHANTING WORKSHOP WITH LESLIE FREYBERG



Leslie Dillingham Freyberg is a faculty member of the American Sanskrit Institute and a graduate of Sonia Nelson's Teacher Training Program in Vedic Chanting in the lineage of T.K.V. Desikachar and Krishnamacharya. Leslie continues to study with the renowned Ms. Nelson and is also a faculty member at Patricia Walden's Yoga Mala Teacher Training Program. As a Certified Iyengar Yoga teacher, Leslie uses her skills to enhance her Chanting courses, making her classes accessible to all.

Chanting has been shown to improve listening skills, heighten energy and create more sensitivity toward others. Chants can express devotion, gratitude, peace, compassion and call in light to someone's life.

With Leslie's guidance, students will be instructed in a way that gives confidence and reveals the joy and peace that chanting produces.

## Saturday, March 3<sup>rd</sup>; 1-4 pm

- Introduction to the Sanskrit alphabet and the five essential mouth positions through listening and chanting. This will include chanting the alphabet in the style of bija mantra; sounds which cannot be translated into literal meaning but have the power to create great transformative growth and expansion at the physical, emotional, and spiritual levels.
- Brief yet inspiring intro to mantra or shloka (verses)
- Chant and unveil the meaning of Sutras; Chapter 2 of Yoga Sutras of Patanjali, Sutras 1-16.

## Sunday, March 4<sup>th</sup>; 1-4 pm

- Chant and unveil translation of Bhagavad Gita, chapter 12. This chapter has lovely verses on faith.

### REGISTRATION FORM

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Payment enclosed: \_\_\_\_\_

Entire workshop \_\_\_\_\_ Saturday \_\_\_\_\_ Sunday \_\_\_\_\_

\_\_\_\_\_ **\$10 discount for IYANW/IYNAUS members\*\*\*\***

**20011 Ballinger Way NE #209 Shoreline WA 98155**

SATURDAY

MARCH 3<sup>RD</sup> 1-4 PM

SUNDAY

MARCH 4<sup>TH</sup> 1-4 PM

\$150 BOTH DAYS

OR

\$80 FOR ONE DAY

\$10 DISCOUNT FOR  
IYANW/IYNAUS  
MEMBERS

TO REGISTER:

Mail registration form  
with check, call studio  
206-361-YOGA(9642)

or email

[angela@thiyoga.com](mailto:angela@thiyoga.com)

[WWW.THIYOGA.COM](http://WWW.THIYOGA.COM)

(CAN PAY ON DAY OF WORKSHOP)

