



# The Hochstein School



## WINTER YOGA WORKSHOPS

Certified yoga instructor Sandra Boysen Sluberski, RYT500, offers two special **online** workshops this winter, to help you beat the winter doldrums.

On **Saturday, February 27**, **The Ramayana: An EPIC Yoga Workshop** brings together physical yoga and one of the world's most loved epic stories, considered the "Lord of the Rings" of India.

On **Saturday, March 27**, she introduces you to **The Art of Sanskrit Chanting for Meditation and Relaxation**, using Tibetan singing bowls for the pitch.



### I N F O:

#### The Ramayana: An EPIC Yoga Workshop

Saturday, February 27, 2021  
1:00-3:00 pm  
Grade 9-adult

This workshop brings together physical yoga and the story of one of the world's most loved epic stories, the story of Prince Rama from ancient India. This workshop is for all levels, but intermediate-level yogis will appreciate the variety of yoga poses/asanas that tell the story, and Dr. Sluberski will provide variations for beginner-level yogis. You'll learn a fantastic work of literature, as well as some of the mantras/chants that are most often associated with it, and you'll learn to tell the story with your body in yoga poses!

Fee: \$25

#### The Art of Sanskrit Chanting for Meditation and Relaxation

Saturday, March 27, 2021  
1:00-3:00 pm  
Grade 9-adult

This mindful workshop will introduce participants to chanted mantras that can be chanted on just two or three pitches or simply spoken in rhythm. No music-reading required – participants will be provided with lyric sheets – students learn mantras by the ancient way of hearing and repeating. Participants will be given pitches for mantras from Tibetan singing bowls, a Hang (Chinese) drum, and a wooden flute.

Fee: \$25

View our website here for additional info about each of these workshops along with registration information.

