

Sanskrit Course Description

Sanskrit is the mother of most languages of the world. It is one of the most ancient languages, originating during the 2nd millennium BCE. Many scholars believe that Sanskrit is not a language, but a structured system, a truth that is unchangeable. The written relics of the language can be found in the ancient scriptures of the Vedas, created before 800 BCE. Historical evidence of the existence of yoga is from the pre-Vedic period (2700 B.C) onward. The main sources, which include teachings about yoga practices and the related literature during this period, are the Vedas, Upanishads, Smritis, teachings of Buddhism, Jainism, Panini, Epics, Puranas etc., which were all written in Sanskrit. Mattur, in Karnataka in India, is now the only village where people use Sanskrit for conversation.

Course Objectives:

1. To be able to read and speak Sanskrit (in English script) and the diacritics
2. To be able to read and pronounce the names of basic yoga asanas in Sanskrit
3. To be able to read some basic shlokas and yoga sutras of Patanjali in Sanskrit
4. To be able to write, read and speak the alphabets of the Devanāgarī script

Books:

1. Light on the Yoga Sutras of Patanjali by B.K.S. Iyengar
2. Light on Yoga by B.K.S. Iyengar

Other course material will be sent via email as and when needed. Participants will be required to bring a double-lined or a single-lined notebook.

Classes:

Classes will be one and a half hours in duration. They will be held January 26, February 2, 9, 23, and March 2, 9, 23 and 30.