



# Citta and Prāṇa

## The Mirror of Compassion by Rachel Tsai

### Part I -The Yoga of Sound

Date: 20 – 21 March 2019

Time: 2-4pm

Cost: \$900

Early Bird: \$800 payment by 28 Feb

A 12 hour/3-part course of Sanskrit introduction course with guided contemplation of selected mantra, texts and verses.

We perceive and know through language. Here language refers to what is thought, named, spoken or manifested as actions in both the subjective and objective reality.

Sanskrit is the language of the sacred, poetic and philosophical scriptures of India. Vāc is Word, and the Goddess of Word. From the Ṛg Veda down to the later Tantric tradition, the inherent power of sound and language has always been praised and investigated and the knowledge is passed on since the ancient time.

To know the source language of the Yoga is to have the immediate and direct access to the powerful and vibrant tradition of Yoga. This special course will introduce you to the wonder of the Sanskrit language. You will learn how to approach these mystical words of inspiration.

We will begin from the Sanskrit alphabet - to pronounce, read and write as well to correctly recite the mantras and the verses. The aim is to create direction and depth in your practice, a space you can continue to return to. You will be led to not only feel the vibration but also understand the method to cultivate the ground of the experience of vibration, which is your own purified awareness.

### **Course content:**

Sanskrit alphabet reading, pronunciation and basic writing

Correct mantra recitation and its multi-layered interpretation of meaning for contemplation

Textual selections: Haṭha yoga texts (Haṭhayogapradīpikā & Śiva Saṁhitā) and various Upaniṣads

Special lecture module: How to approach Patañjali Yoga Sūtra for a deeper practice— “Yogic Power –Memory, Remembering, and Direct Perception” introducing Sāṁkhya and Vyāsa’s commentary

## **About Rachel**

Rachel is a senior teacher of alignment-based and therapeutic yoga. She is a registered Yoga Alliance E-RYT 500 Hrs teacher, the highest qualification by way of teaching hours and ongoing education/training. She has taught in Hong Kong, Taiwan, London, Thailand, Nepal and Amsterdam.

She has taught on 30+ international Yoga Alliance certified training courses. Her areas of expertise include posture and breath practices, philosophy and history of the yoga tradition, Sanskrit (beginner, intermediate and advanced levels), sitting and meditative discipline.

Rachel is a consultant of Ayurvedic nutrition, holistic health and teaches Ayurvedic workshop and holds retreat. She has qualifications in both Ayurveda and Yoga from Wellpark College of Natural Therapies in New Zealand and has done extensive internship in the Ayurvedic Herbal Research Center in Vrindaban, India.

She continues to advance her knowledge in the body movement science by undertaking study in anatomy, myofascia (“Anatomy Trains” system) and Somatics.

Rachel holds an MA degree of the program of Traditions of Yoga and Meditation from The School of Oriental and African Studies (SOAS) of University of London, UK (2013). She has been engaged in the study of Sanskritic texts and the meditative practice for 12 years.

She is the author of these two books published in Chinese in Taiwan - “Yoga, the Process of Meeting the Self” (Booklife Publishing, 2012) and “Ode to Sensation: Connecting Fascia, Sensations and Experience” (Reading Times, 2017)

-MA, Traditions of Yoga and Meditation, School of Oriental and African Studies (SOAS) of University of London, UK.

-M.B.A The Claremont Graduate School, California, USA

-Diploma, Ayurveda Lifestyle Management, New Zealand (NZQA)

-Diploma, Yoga, New Zealand (NZQA) and B.A. Taiwan

Please check [www.movetofeel.com](http://www.movetofeel.com) for more information about Rachel

Send us an email for registration at [info@yogamala.com.hk](mailto:info@yogamala.com.hk)



“To abide in the vibration of  
mantra nourished by practice is  
a luminous experience.”

“沈浸在梵頌以反覆練習昇  
華後的振動是經驗我們內在  
永恆的光”

– Rachel Tsai