

Mantras for Health & Well-Being - 3 class course
Venue: Studio Vibration 108 Rue Lesbroussart, Ixelles 1050
Time: Tuesday mornings 11.00AM-12.30PM (22/1, 29/1, 5/2)



Learn two beautiful Vedic mantras for health and well-being, both extracts from the Yajur Veda in this 3 class course. Dates, registration (online-only option available also) and syllabus at the end of this description.

1) āyurmantraḥ

Literally translating to 'Mantra for a long life' this mantra invokes the blessings of the divine for a holistic, clear and stable life. The mantra asks:

May my life be nourished,
May all my prāṇa vāyus be nourished,
May my sight & hearing be nourished,
May my speech and mind be nourished,
May my soul be nourished and may I rest in that nourishment,
May everyone be nourished.

2) Laghunyāsaḥ

This mantra is a prayer to the natural elements - Fire, Wind, Sun, Moon, Earth, etc to sustain the health of our organs and human body functions. Deeper reflection and contemplation on the meaning of this mantra profoundly changes our notion of ourselves and others as we start to see ourselves as representing totality.

This course is very suitable for beginners and all levels interested in the exploration of sound (of the Vedas) as a tool in meditation and well-being.

Dates & Syllabus:

22nd Jan - Introduction chanting exercise & Ayurmantra meditative version & original version (as the text appears in the Vedas). Meaning of the mantra.

29th Jan - Ayurmantra revision & Laghunyasaḥ practice with meaning.

5th Feb - Laghunyasaḥ practice

Course fee: 70EUR

70EUR for full course including lifetime access to online support platform which will help you with recordings of the mantras for practice in between classes and for future reference and practice. The online platform will also have key words and meaning and all the Vedic phonetic rules you will need to remember for correct recitation.

If you have already studied these mantras with me and would like to attend as a revision contact me for the registration process.

(You can also attend this course in Antwerp
- <http://www.ashtangayogaantwerp.com/healthandhealingmantra.html>)

If you wish to opt for an online-only study option, please contact me directly for the online registration process. Others who can attend the course in Brussels - Please register by following both points below:

1) Transfer the course fee to account number: ING Belgium: BE08 3630 6327 0413 with your name + comment "Health Mantra Jan 2019 course".

2) Email to SanskritBelgium@gmail.com with your registration request, name & phone number (so we have your email ID to contact you). If you need an invoice/receipt, please mention this in your email along with your details (Name, address, VAT number/ASBL number).

BTW/TVA #: BE 0833.200.801

More information about me:

www.SanskritBelgium.com