

# संस्कृत नाम

# SANSKRIT

## The Science of Vibration

A TOOL FOR MEDITATION PRESENTED BY THE EAST WEST SANSKRIT INSTITUTE OF SAN FRANCISCO, CALIFORNIA

Tue September 7 | 7:30 - 9:00 p.m. | \$20  
Quiet Mind Studio, Wellfleet, Mass.

### TRANSFORMATIVE. HEALING.

The Sanskrit language, when chanted, is considered to be powerfully transformative and healing. We refer to it as the Science of Vibration and the washing machine of the mind. It has the power to rearrange the negative habitual thought patterns in your brain and transform them into positive thought patterns.

### SUITABLE FOR BEGINNERS.

In this workshop we will chant the vowels of the alphabet, asana names and other powerful mantras that, when chanted, will bring a direct experience to each student. A direct experience that will enable them to apply in their everyday lives; their studies, their work, and apply to their spiritual practice, whatever it may be.

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**INDIRA BULKIN** is co-founder, along with her husband Shanta, of the East West Sanskrit Institute in San Francisco, California. She began her intensive Sanskrit language studies in 1971 under the guidance of Shri Brahmananda Sarasvati, (formerly known as Dr. Ramamurti S. Mishra). Her studies continued at UC Berkeley, earning an undergraduate degree in Sanskrit while taking graduate level classes, and with Dr. Ram Karan Sharma, one of the world's foremost Sanskrit scholars. She also has a Master's degree in Physical Therapy and maintains a clinical practice in the Mission District of San Francisco. Her personal interests include Yoga Vedanta texts, Sanskrit hymns, Paninian linguistics and Sanskrit poetry.

**SHANTA BULKIN** is co-founder of the East West Sanskrit Institute in San Francisco, California. He has been teaching entry level Sanskrit for the last 15 years in both private and group settings. Initially he studied with Shri Brahmananda Sarasvati in 1972, and has continued his Sanskrit studies for the last 12 years with world renowned Sanskrit scholar Ram Karan Sharma. Shanta has lived in the Ananda Ashram in New York state and Brahmananda Ashram in San Francisco. Following in the lineage of his teachers, Shanta uses the study of Sanskrit as a tool for meditation and shares the power of this approach with his students. He also has a career in construction, which began in 1975 with building of the temple at Brahmananda Ashram.



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