



Sanskrit without Stress: A Complete Video Course for Beginning and Intermediate Sanskrit Language Students

Simon Chokoisky

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Sanskrit Without Stress is a complete program for students who are learning Sanskrit to deepen their Yoga practice, understand Vedic wisdom, and improve their linguistic skills!

Learn to read and write Sanskrit while discovering the sacred and secret aspects of this language, including

- *How to detect health issues using the alphabet
- *Special verses from Ayurveda, yoga, and the Bhagavad Gita
- *How to pronounce healing mantras
- *From roots to words how words are made in Sanskrit
- *Verbs and nouns making sentences

Special Features Include

- *Video lessons with on-screen captions for extra clarification
- *Complete study manual with quizzes
- *Original songs for learning Sanskrit grammar
- *References for students of yoga and Ayurveda
- *Bonus Material: Mantras for Healing

The course includes a 77 page Study Manual and 9 (nine) DVDs (12 Lesson Hours and 1 Hour Bonus Material).

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