



# Sacred Sanskrit Words: For Yoga, Chant, and Meditation

*Leza Lowitz, Reema Datta*

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"A must-have for anyone who is new and serious about exploring the subject further. Also recommended for advanced practitioners who may want to 'brush-up' on their Sanskrit." -- *Yoga Magazine UK*

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"...A joy to read: it has accuracy in its translations, beauty in its presentation, and conveys the spiritual richness of the yogic tradition. It will definitely enrich the life of many yoga teachers and students." -- *Ascent Magazine*

Joseph Campbell called Sanskrit “the great spiritual language of the world.” Designed by ancient Indian holy men to express the states of enlightened consciousness through syllabic sounds, Sanskrit is widely used in the West during yoga practice to channel spiritual pathways and to discuss important meditative and philosophical concepts. This book introduces 180 Sanskrit words (including *chakra*, *karma*, *om*, *namaste*, *veda*, *nirvana*) with Devanagari scripts, pronunciations, chants and brief cultural/historic explanations. A practical reference that makes an excellent gift book for any student of yoga, meditation or Eastern religion.

**Leza Lowitz** is a much-published writer and director of Sun and Moon Yoga Studio in Tokyo.

**Reema Datta** grew up in India and teaches Ashtanga yoga and Ayurvedic cooking in San Francisco.



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