



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

By 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*

"This slim volume is a lot more than its title lets on." -- *The Asian Reporter*

"...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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#### **Review**

"For all those interested in the Sacred, this beautifully conceived book is an expanded, detailed, contemporary exploration of an ancient language designed to be a guide for living in harmony with all of nature." ? Danny Paradise, International Asht? nga Yoga Instructor, Songwriter, Filmmaker

#### **About the Author**

Leza Lowitz is an award-winning writer and translator, and Director of Sun and Moon Yoga Studio in Tokyo. Reema Datta grew up in India and teaches Ashtanga yoga, chant, Sanskrit prayers, and ayurvedic cooking.

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