



An overview of the Vedas & Gayatri japa with Shantala Sriramaiah

Although acknowledged and revered as the source text of Yoga, Bhagavad Gita and other Indian scriptures, there is little insight one has into the actual content of the Vedas and its relevance to our daily lives or spiritual development. Through this workshop, students will get an overview of the Vedas, with illustrations and examples of the extraordinary revelations to the Vedic sages. Students will also learn the Gayatri mantra as taught by traditional pundits in South India, with a full analysis of its Vedic phonetics and meaning.

About Shantala: Shantala studied Sanskrit chanting and Indian scriptures from an early age as part of her family tradition in Bangalore, India. She has been mentored by several Vedic scholars and teaches an international community in Belgium. She is especially keen on connecting aspirants with the relevance of Vedas for personal development.

Date:

Sunday 14th February

Time: 9 - 11am on zoom

Cost: €30

Booking: Michelle Waters

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