

# Nicolai Bachman in Atlanta

Sanskrit, Yoga Philosophy, and Ayurveda Scholar

Friday March 27 6:00pm – Sunday March 29 12:00pm



Origins of Yoga: with Fire Ceremony  
and Restorative Class

Friday, March 27 6:00-9:00pm

Sanskrit Basics and The Heart of Mantra

Saturday, March 28, 9:00am-12:00

Yoga Sutras Unraveled: Yoga as Nirodha

Saturday, March 28, 1:30pm-4:30pm

The Elemental Chakras

Sunday, March 29, 9:00am-12:00pm

*Nicolai has been teaching Sanskrit,  
chanting, yoga philosophy,  
Ayurveda, and other related topics  
since 1994.*

*He has a knack for synthesizing and  
organizing complex topics into  
simple and understandable  
presentations.*

*His education combines informal,  
traditional study with the academic  
rigor of university classes. Nicolai  
studied extensively at the American  
Sanskrit Institute, the Ayurvedic  
Institute, the American Institute of  
Vedic Studies and the Vedic Chant  
Center. He holds an M.A. in Eastern  
Philosophy, an M.S. in Nutrition,  
and is eRYT500 certified.*



Early Bird before March 1:  
Whole Weekend \$195/One Session \$55  
After March 1:  
Whole Weekend \$220/One Session \$60

VistaYoga.com  
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