

Tips for Using this Course

YOGA OF THE HEART with Krishna Das



“Chanting is like asanas
for the mind and the
heart.”

-Krishna Das

Before You Begin

- We suggest that you purchase a mālā, which are prayer beads with 108 beads. You can easily buy them online, at some Yoga studios, or at a spiritual store or center. These will come in handy for japa practice!
- Also consider dedicating a journal to this course for notes and reflections. Each module of your program concludes with reflection questions. While we request that you give your answers in the space provided within the course itself, it might also be nice to have a journal for recording your experiences and insights.

Tips for Songs, Mantra, and Kīrtan

- If you're new to chanting, it may feel awkward at first! Be patient with yourself as you become comfortable with these practices.
- On screen lyrics are provided for you during all chants. You may choose to sing along, or you are welcome to close your eyes in silence, listen, and receive the mantras. You may even feel inspired to clap your hands or stand up and dance! The point is, let yourself experiment and then practice in a way that feels right for you.
- These practices are not about how well you sing or how musical you are. As long as you're practicing with a sincere and open heart, you're doing it right!

Sanskrit Resources

- Sanskrit pronunciation can feel overwhelming! Included in this course is a Sanskrit pronunciation guide. Look at it as often as you need. Do your best, but don't be hard on yourself to get things perfect. With time and practice, it gets easier.
- You will be learning many Sanskrit names and terms. Definitions are provided as you watch each video, but we've also included a Sanskrit Glossary of terms for you to refer to at any time.