

Mary Reilly

Teaching since 1982, Mary has been devoted to yoga and to the Iyengar tradition for over four decades. Mary has studied regularly at the Ramamani Iyengar Memorial Institute in Pune, India, most recently in November of 2018. B.K.S. Iyengar personally granted Mary her current certification in 2012, which is now referred to as Level 3. She is the director of North Woods Yoga, the B.K.S. Iyengar Center of Northern Michigan in Petoskey. <http://www.northwoodsyoga.com>

Leslie Dillingham Freyberg

Leslie has served on the faculties of the American Sanskrit Institute and with Patricia Walden's Training programs. She has studied Sanskrit with Dr. Edwin Bryant and the late Dr. Ram Karan Sharma. Leslie has also studied Vedic Chant extensively with Sonia Nelson and Deborah Kuryan in the lineage of T.K.V. Desikachar and Krishnamacharya. Leslie is a Certified Iyengar Yoga teacher.

Bob Gilbo

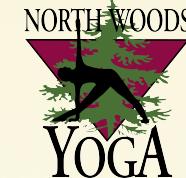
Bob studies Hindu philosophy with Ravi Ravindra and under Satya Nārāyana Dās of the Jiva Institute in Vrindavan, as well as Edwin Bryant at Rutgers University. Bob edited Dr. Bryant's landmark translation and commentary on *The Yoga Sūtra of Patañjali* (North Point Press, 2009). He creates curricula for the philosophy portions of yoga teacher training programs and has been studying Sanskrit since 2004. Bob makes regular visits to sacred sites and acharyas in India.

The bow is OM, the arrow's the self,
The target is *brahman*, they say.
One must strike that undistracted.
He will then be lodged in that.
Like the arrow, in the target.

—*Muṇḍaka Upaniṣad*, II.2.4
(Olivelle translation)

Indeed, as I often say, body is
the bow, asana the arrow, and
soul is the target.

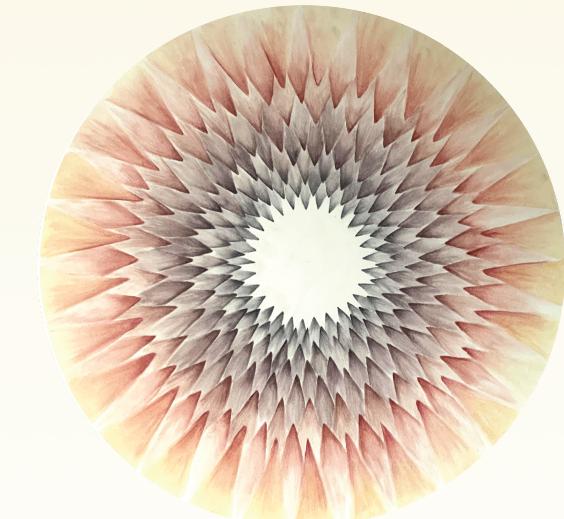
—B.K.S. Iyengar, *Light on Life*



Exploring OM: The Eternal Vibration

Shed some light this winter
on the yoga of sound

with Mary Reilly,
Leslie Freyberg, and Bob Gilbo



artwork by Kevin Putalik

Four Consecutive Sundays
January 22–February 12, 2023
9:00–11:30am EST

Zoom Workshop Series

How many times have we chanted OM at the start of our yoga practice?

In the *Yoga Sūtra* (I.27-29), Patañjali affirms that the repetition and contemplation of the meaning of OM—or *praṇava mantra*—results in freedom from all disturbances and ultimately the realization of the source of consciousness itself.

But what are the layers of meanings of OM? Where does it come from? How has it shaped the practice of mantra and haṭha yoga over the centuries? Is it pronounced OM or AUM?

Join Mary, Leslie, and Bob for an embodied exploration of this sacred syllable through āsana, chanting, foundational yoga texts and traditional imagery.



Series Format

The four aspects of OM, as described in the *Māṇḍukya Upaniṣad*—which we will read together—will provide the structure for this progressive, four-part series. No prior experience with Indic philosophy is assumed: bring your sincere curiosity (or in-depth questions) to this engaging exploration.

- Mary will offer an optional 45-minute āsana class at the start of each session to embody us to sit with ease and explore the inward journey.
- Six months of study of Iyengar Yoga will be assumed in the āsana classes. Alternatives will be offered to accommodate different levels of ability or physical conditions.
- Leslie will lead us in chanting selected verses from the *Māṇḍukya Upaniṣad* in Sanskrit, allowing us to experience the aural vibrancy of OM and its related mantras.
- Bob will guide us through the philosophy of sacred sound in the *Upaniṣads*, *Bhagavad Gītā*, and *Yoga Sūtra* and share artistic representations of this preeminent and ubiquitous mantra through the ages.

Workshop readings will be provided in advance, along with chant sheets, supplemental resources, and suggestions for weekly practice and reflection. An online discussion forum will allow for connecting outside of sessions.



Trimūrti OM | Pahāṛī school, ca 18th century | Bharat Kala Bhavan, Vārāṇasī

Exploring OM: The Eternal Vibration

Schedule & Price

4 Sundays: January 22–February 12, 2023
Series price: \$180*

9–9:45 am EST: Optional āsana session with Mary (15-minute break)

10–11:30am EST: Philosophy | Chanting with Bob & Leslie

Register online at bit.ly/NWoods_OM
(service fees no longer apply!)

You may also make out a check to North Woods Yoga, write "OM series" in the memo, and mail it to:

**Mary Reilly
5586 Fisher Road
Harbor Springs, MI 49740**
(Please do not mail to the North Woods Yoga studio in Petoskey.)

Upon payment, Zoom links will be emailed to participants, and recordings will be posted within 24 hours of each session, available for review for 30 days. The āsana sessions will be recorded separately from the philosophy/chanting sessions.

* If the cost isn't feasible for you, please reach out to maryreilly36@gmail.com and we'll arrange something that works.