

NADA
YOGA
The
POWER
of
SACRED
SOUND
with
SHANTI
SHIVANI



WEEKEND WORKSHOP - FRI., JUNE 22 - SUN., JUNE 24

Namaste
Friends & Music Lovers,

Sound plays a vital role in all mystical traditions, as it is the bridge between the lower and higher worlds, the unconscious and conscious, the form and the formless.

The Yoga of Sound is an ancient mystical tradition using voice, breath and movement as a way of healing, empowerment and Self-realization.

This ancient practice facilitates

- the release of traumas and the clearing of emotions
- the alignment of body, speech and mind

- the development of intuition and creativity
- tuning into your true Beingness

Learn

- time-tested **body movements** and **vocal techniques** to free your unique natural voice
- practices that **purify and magnetize** the physical and the subtle energy bodies
- specific **musical modes** to balance the emotional body
- **compositions** and **slokas** (*sacred verses*) in the Dhrupad style of North Indian Classical Music.
- **chants** of various traditions
- Explore **vocal improvisation** and

your own **healing sounds and songs**

Fri., June 22, 4pm -
Sunday, June 24, 4pm

The Abode of the Message
5 Abode Rd., New Lebanon, N.Y.

Cost: \$220 - \$250 plus food and lodging, if required

Concert Fri., June 22nd, 7:30pm

SOUND HEALING SESSIONS

by Appointment. Call 805-284.2931

Shanti Shivani is a singer/nada yogini/sound healer, internationally acclaimed seminar leader and recording artist. She brings a wealth of vocal, meditative and movement experience to her classes. Since 1981, Shanti has been the disciple of the esteemed Dagar family, masters of Dhrupad, the most ancient style of Hindustani Classical Music. She also studied various forms of movement disciplines and sound healing with renowned Asian and Western teachers. Visit www.shantishivani.com

REGISTRATION: call (518) 794.8095 or email programsoffice@theabode.net