

Sound Yoga - The Power of Sacred Sound

**An Ancient Mystical Tradition using Voice, Breath & Movement
as a Way of Healing, Empowerment & Self-realization**


Fri., March 19, 7pm - 9pm, \$15 Intro Workshop

Sun., March 21, One-day Intensive, 11am - 6pm, \$75 - \$90

Ayurveda Plus, 3609 SW Corbett Ave.

Portland, OR 97239

To register call 503-248-4670



Explore the power of the practice of Nada Yoga, the core of Dhrupad, the most ancient style of Hindustani classical music. **Shanti Shivani is one of the few pioneers bringing this sacred tradition to the West.**

Learn

- specific body movements and vocal techniques to free the natural voice and develop awareness of the breath and body to elevate the innate healing potential
- practices that purify and magnetize the physical and the subtle energy bodies to bring increased creativity, integration and balance
- various modes of music (*ragas*) to harmonize the emotional body and attune yourself
- chants of different traditions to access the sacred within
- Have fun exploring your own healing sounds and songs

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. Shanti has been the disciple of the esteemed Dagar family, masters of Dhrupad, since 1981. She has also been studying different forms of movement disciplines and sound healing with renowned Asian and Western teachers. She is currently living in Eugene, OR.