

Mantra and Chanting for Personal or Professional Skills

The Arts of Mantra and Yoga Chanting are oral learning and meditative practices from the tradition of Indian spiritual and psychological teachings and practice. As well as being a key way to learn Yoga teachings through absorption, they integrate body, voice, mind and emotions in the quest for unity with the source from which sound originates. It is the art of learning to listen and recite with confidence. The benefits include cultivating attention, memory and patience.

The role of this workshop is to offer a course for students and teachers interested in learning the skills for themselves and for others in the art of Sound, Mantra and Yoga Chanting through:

- Appreciating the core principles which inspire the use of Sound, Mantra and Yoga Chanting practices.
- Application of Sound and Mantra respecting differences in background, vocal ability and musical experience.
- Learning techniques to help students find their chanting voice and develop their breathing with and for Sound and Mantra.
- Being able to choose appropriate postures according to the energy and application of the Sound or Mantra.
- Integrating Sound, Mantra and Chanting into existing asana, pranayama and meditational practices.
- Experiencing how teaching Sound and Mantra can be a tool to lead the student towards silence as a natural outcome.
- Exploring the possibilities for the use of Sound and Mantra as a therapeutic tool for improving health and well being.
- Discovering how chanting can be used as a tool for learning Yoga teachings on psychology or spirituality.
- Understanding the value of teaching Mantra in Sanskrit.

They will be particularly useful for and open to any **BWY** trainee Yoga teachers or **BWY** accredited Yoga teachers interested in Yoga Chanting.



Introductory Mantra and Yoga Chanting Study Workshop

- Freeing the Voice -

Learning and Teaching
Sound, Mantra and Yoga Chanting
in Group Classes

July 27/28th 2013

in Bristol

with Paul Harvey

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Introductory Workshop Training Topics

The Introductory Workshop Training Course aims to offer an Introductory Course in learning the Art of Sound, Mantra and Yoga Chanting through:

- Gaining confidence in finding your chanting voice and developing your breathing through Sound, Mantra and Yoga Chanting.
- An appreciation and familiarity with the principles which inspire Sound, Mantra and Yoga Chant practice.
- Learning how to read and sound Mantra in Romanised Saṃskṛta.
- Learning how to link and join Romanised Saṃskṛta to enhance our use and understanding of Chanting.
- Discovering therapeutic support and meditation.
- Learning skills for teaching Sound and Chanting in general Group Yoga Classes

The Introductory Yoga Study Course topics total over 10 hours through:

1. Mantra and Yoga chant practice index
2. Origins and context for Mantra
3. Chant guidelines for Mantra
4. Saṃskṛta alphabet and pronunciation of the Mantra

5. Saṃskṛta grammar and Saṃskṛta chanting rules
6. Sound and Āsana Practices
7. Sound and Seated Practices
8. Guidance for Sound and Mantra home practice

Venue and Booking Details

The Venue:

Will be at Yoganjali Practice and Therapy Centre, Princes Place, Bishopston, Bristol BS7 8NP.

The Weekend Times:

Will be from 10.00am - 5.30pm on Saturday and 9.30 till 4.00 on Sunday.

The Weekend Fee is:

£145 including a 50 page chant manual, refreshments and a delicious vegetarian lunch for both days.

The payment process is:

A £145 full fee payment payable to Paul Harvey is required, this is only refundable in the case of cancellation by the organizers. Please send all requests for a place to Yoganjali, Princes Place, Bristol BS7 8NP.

As the group size will be limited places will be confirmed and until you have a confirmation letter will not be guaranteed.

Receipts and certificates of attendance will be available on the day.

The workshop must be paid for even if unable to attend, unless your place is filled by an acceptable nominated equivalent colleague. Prior confirmation for your nomination is requested.