

## 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 these workshops 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.



## The Art of Mantra and Yoga Chanting Foundation Study

Course Programme offers four weekends over six months for Mantra and Yoga Chanting study and practice

April to November 2013

In Bristol

with Paul Harvey

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## Mantra & Yoga Chanting Foundation Study Details

**FMS Aims:** Initiated in 2002 the FMS Programme is intended for those Yoga students or teachers who, having completed an Introductory Mantra and Yoga Chanting study course, wish to explore further the primary principles and practices in Mantra and Yoga Chanting and how they can inspire and guide our personal Mantra and Yoga Chanting practice and study, as well as our teaching work.

Each Foundation weekend offers in-depth practice of Mantra and Yoga Chanting which builds on the theory and practice principles taught within the Introductory Workshops. It is an opportunity for a Yoga student or teacher from any Yoga background or style to experience an in-depth training in the Art of Mantra and Yoga Chanting.

**FMS Duration:** Over 60 hours (40 hours tuition time plus a minimum of 20 hours guided home study and practice) through four weekends.

**FMS Prerequisites:** Completion of an IW or equivalent course.

**FMS Feedback:** Support and advice will be offered on the students' progress and on the possibilities for further development.

**FMS Certification:** The cYs Art of Mantra and Yoga Chanting Foundation Certificate.

**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 FMS Dates are:** April 20/21<sup>st</sup>, June 29/30<sup>th</sup>, September 14/15<sup>th</sup>, November 16/17<sup>th</sup> 2013

**The FMS weekend Fees are:** £145 for the 2013 Course including refreshments, a delicious vegetarian lunch for both days and all Course chanting and theory material.

A £100 FMS Registration deposit is required, this is not refundable but is offset against the final weekends fees. All fees payable to Paul Harvey. Please send all deposits to Yoganjali, Princes Place, Bishopston, Bristol BS7 8NP. All the workshops must be paid for even if unable to attend.

**FMS Course Topics total over 40 hours of tuition through working experientially with Mantra and Yoga chanting from the following Veda and Yoga sources:**

Vedic and Yoga Sūtra Opening Prayers

Taittirīya Saṃhitā

Taittirīya Brāhmaṇa

Taittirīya Āraṇyaka

Taittirīya Upaniṣad

Mahānārāyaṇa Upaniṣad

Chāndogya Upaniṣad

Bṛhadāraṇyaka Upaniṣad

Śrī Nārāyaṇa Upaniṣad

Māheśvarāni Sūtra

Nirvāṇaṣaṭkam

Śivaśadaḥsara Stotram

Yogāñjalisāram

Bhagavad Gītā

Yoga Sūtra

Vedic and Yoga Sūtra Closing Prayers