

CHANTING CLASS FOR TEACHERS

STARTING IN JANUARY 2018

Why make sound or chant?

- It can help heal the body, mind and soul and be an instrument in our efforts to change.
- Sanskrit offers infinite possibilities for producing and combining sound
- Chanting and sound are fundamental tools in Yoga for meditation and the mediative process itself.

What are the benefits of sound and Chanting?

- Has the ability to bring the mind into a state of complete attention.
- Protects and cleanses the sense organs
- The attainment of knowledge, lightness of body, freedom from doubts
- Helps with voice defects
- Helps digestive problems and reduces stress
- Helps with respiratory difficulties
- Links with the wisdom conveyed in the mantras.
- For teachers - sound and chanting improves pronunciation of Sanskrit which has been called the great spiritual language of mankind.

The format of a class

- Explore and experiment with the Sanskrit alphabet
- Learn to use sound with movement and hand placement
- Learn to use sound during preparation for concentration, reflection and meditation
- Learn to chant various Mantras
- Learn to Vedic Chant
- Learn to chant The Sutras of Patanjali
- Learn more about the meanings of Mantra & Nyasa
- Learn the discipline and rules to Vedic Chanting
- To Laugh and enjoy!

Who can do chanting?

- Everyone - you do not have to be able to sing
- Anyone who has a firm belief and wishes to learn and teach Vedic Chanting with a view to preserving this ancient tradition

The classes will on a Saturday morning from 10.00am - 1.00 pm monthly
Your investment is £30.00 per session
Limited places for eight students

For more information and to book your place contact
Penelope on 07860 602358 or via yoga121.co.uk