



APRIL 25 - 26, 2020 | SINGAPORE

SOUND — FOR — WELLBEING

WITH NITYA MOHAN

PART 1

These workshops focus on learning to use Sound as a tool for better health and wellbeing and are based on wisdom from classical texts on Yoga, Mantras, Music and Sanskrit. They are suitable for both yoga students and teachers and are open to anyone who is interested in working deeper on the aspects of Yoga, Sound and Music.

HIGHLIGHTS:

The Sound for Wellbeing program is in two parts and offers unique perspectives and practices that combine traditional Yoga practices with Classical Indian music and Vedic mantras. Meant to be a transformative program, all areas of learning will be accompanied by theory as well as practice enabling students to immediately integrate the wisdom into their daily life as well as teaching.

All sessions will have accompanying course materials and recordings of the chants and mantras for personal use will be provided.

THIS PROGRAM IS FOR YOU IF:

- You would like to infuse your practice and teaching with Breath and Sound based tools and practices
- You would like to learn to use your own voice for meditation and use Sound as a tool for personal transformation
- You would like to gain an authentic understanding about the links in ancient Yoga, music and mantra texts, integrating them into daily life practices
- You are interested in Singing, Chanting, Vedic phonetics and Sanskrit

PART 1- 2 DAYS

COURSE CONTENTS

ORIGINS OF SOUND

- Sound in the Vedic wisdom and other classical texts
- The paradigm of Yoga – Vrtti Samskara
- Why sound is foundational to changing mental patterns

MANTRAS

- Root meaning - What & Why of Mantras
- How to choose a mantra for myself
- Practicing with mantras and music

VOCAL TONING

- The Drone and safe space
- Using my voice as a tool – vocalizing with awareness
- Vocal toning with Indian classical music Chanting
- Narayana Upanishad – Chant for health and wellbeing
- Surya Mantras
- Smarta Gayatri
- Shanti Patas, Peace chants

MUSIC

- Scales of classical Indian music and emotions
- Practicing mantras with scales from the North Indian and South classical music streams
- Working with different scales and mental well-being

PRANAYAMA

- The foundations of classical pranayama
- Integrating Sound with breathing practices

SOUND IN ASANA

- Use of Sound in Asana
- Practice Sequence with Mantras
- Teaching Sound in Asana

VEDIC PHONETICS

- Introduction to Panini Sutras
- The dance of Lord Shiva
- The origins of the Sanskrit language

VAGUS NERVE

- Interoception – the parasympathetic nervous system
- Sound, Deep breathing and the Vagus nerve
- Breathing practices

ABOUT NITYA MOHAN:

Nitya Mohan, daughter of A.G.Mohan and Indra Mohan, director of Svastha Yoga and Ayurveda teacher training programs, has been teaching for over 25 years. Trained from a young age in yoga and music, her passion lies in combining Classical Yoga, Music, Mantras and Sanskrit. She holds a degree in music and has taught and performed all over the world. Nitya is an exceptional singer hailed for her purity of voice. Her holistic teaching draws from classical texts such as the Yogasutras, Natyashastra, Paniniya Siksha and relevant scientific research.

PROGRAM DETAILS



Location

Goodman Arts Centre, 90, Goodman road,
Singapore - 439053



Dates & Times

SATURDAY 25th April, 9am - 5pm
SUNDAY 26th April, 9am - 5pm



Cost

Weekend program on 25-26 April:
Course Part 1: \$450



Booking Information

For registration and enquiries pls contact
nitya@svastha.net

CONNECT WITH US



www.svastha.net/programs/sound-for-wellbeing