

MAY 15 - 17, 2020 | SINGAPORE

# SOUND FOR WELLBEING

WITH NITYA MOHAN

PART 2

*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 2- 3 DAYS

# COURSE CONTENTS

### THE SVASTHA 5 MANTRA PATHWAY

- Five key mantras for daily practice
- How to choose a mantra for daily life situations
- Learning to string mantras together for different purposes

### STEADINESS & STILLNESS WITH SOUND

- Ekatanam – vocal toning with scales
- Connections between speech and mind
- The perfect speech & the steady mind
- Hanuman the outstanding example for practice

### CHANTING

- The ancient methodologies of Vedic chanting – Padam, Kramam, Jatai & Ghanam
- Shanti Patas, Peace chants
- Surya namaskara mantras
- Various Gayatri mantras
- Narayana Upanishad – Chant for health and well-being

## PRANAYAMA

- Foundations of classical Pranayama
- Prana Sanchara Bhavas from Hatha Yoga
- Integration of a Mantra with Pranayama

## YOGASUTRAS AND SOUND

- Svadhyaya – Self-reflection with a Mantras
- Meditation with Pranavam or OM
- Isvara Pranidhana – deeper in practice

## VEDIC PHONETICS

- The Mahesvara sutras
- The dance of Lord Shiva and origins of the Sanskrit language
- All the Panini ashtadhyayi sutras & pronunciations

## ASANAS AND SOUND

- Using Sound in asanas
- Integrating simple mantras into asana practice
- Practice sequences with Sound

## CLASSICAL MUSIC

- Voice exercises in different scales of classical music
- Deeper exploration of musical scales, ragas and emotions
- Learning to use mantras in different scales, take home recordings

## MANTRAS AND POSITIVE PSYCHOLOGY

- What and why of Mantras
- Choosing a mantra for myself
- Building self-esteem, will power and happiness – emotional wellbeing
- Atmagunas – the positive psychology emotions

## BRAIN, BREATH & MUSIC

- Polyvagal theory
- Music and the brain
- Breath and the nervous system

## ANCIENT WISDOM

- Stories of the musical saints of the Vedic wisdom
- Transcendental wisdom through songs – healing music and its roots

## 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

FRIDAY 15<sup>th</sup> May, 9am - 5pm | SATURDAY 16<sup>th</sup> May,  
9am - 5pm | SUNDAY 17<sup>th</sup> May, 9am - 5pm



Cost

Course Part 2: \$675



Booking  
Information

For registration and enquiries pls contact  
[nitya@svastha.net](mailto:nitya@svastha.net)

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[www.svastha.net/programs/sound-for-wellbeing](http://www.svastha.net/programs/sound-for-wellbeing)