

Nada Yoga – The Yoga of Sound

vocal workshop with Miroslav Grosser, Berlin
www.stimmlabor.de



Yoga we call the state of unity between body, mind and soul in a person. But in a wider sense Yoga is also the state of unity between a person and their surroundings. There are countless ways to reach the Yoga state and in this workshop we will explore one of the fastest and most direct ways - through sound, which means that we can use music, instruments, our own vocal sounds and even the so called inner sounds to achieve feelings of completion, deep peace and higher states of consciousness such as happiness, unconditional love, unity with all that is and more.

How does this work? In Nada Yoga we differentiate between at least four levels of sound and Miroslav will lead us through all of these levels by means of guided meditations. Every one of these meditations can support you in perceiving the subtle effects of sound on your physical, emotional, mental and spiritual body.

So Nada Yoga can be used as a way of transforming the personality if you are interested in living your truth. This is made possible because sound, much like a teacher, shows you how life works, how creation and manifestation occur in our daily lives. After this workshop, you will see and experience sound in a new way and you will be able to use it consciously in order to improve your lifestyle in various ways.

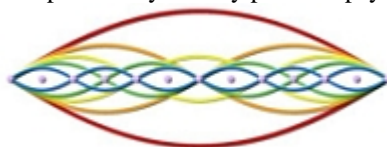
A daily workshop will teach you:

- to perceive the structure of sound, its mode of operation and how we can use its highest potential in speaking, singing and playing instruments
- powerful one-syllable mantras to activate the chakras and the life energy
- how to operate thought vibrations for better results
- how to use your own voice as a healing instrument
- how to communicate with every living being through subtle vibrations
- how to achieve stillness and emptiness of the mind as the deepest source of relaxation
- vocal trance improvisations with and without movement
- group healing sessions with voices and instruments

Please bring your own favorite instrument. Thanks.

No previous musical or yoga education required.
Every voice is very warmly welcomed!

If you have no previous experience with trance sessions, please, make sure you are mentally stable and in good form to take responsibility for any possible psychological effects during and after the sessions.



More information about Miroslav Grosser you will find in English, Russian or German on his website www.stimmlabor.de

