

PILGRIMAGE OF SOUND

CHANTING SEMINARS WITH
MENAKA DESIKACHAR
AND EVELYN EINHÄUSER

YOGA IN THE AUTHENTIC TRADITION OF
T KRISHNAMACHARYA & TKV DESIKACHAR

SRI SAKTI

30 SEP – 02 OCT 2017 | WELLINGTON

HEALING POWER OF SOUND

07 – 08 OCT 2017 | DUNEDIN

14 – 15 OCT 2017 | AUCKLAND

NEW ZEALAND



KRISHNAMACHARYA
HEALING AND YOGA
FOUNDATION

SRI SAKTI | HONOURING THE DIVINE FEMININE

Śrī is the name given to the divine feminine that manifests in so many forms around this wonderful universe. It is believed in the Vedic tradition that Śrī is indeed the power that creates, nourishes, protects, heals and eventually liberates. She also expresses herself as energy and pervades every being, bringing light and life, knowledge and illumination, purity and sacredness. She is also half of the universal polarity principle and is the connecting force through which the two unite as one, transcending the domains of matter and consciousness.

In this seminar we will learn some Śakti chants using the traditional technique of adhyayanam. Each day will include a meditative Yoga practice emphasising the use of chant to give participants an opportunity to deeply connect with their own experience. We will explore some of the global meanings of the chants as well.

Cost NZ\$ 315

Dates 30 Sep - 02 Oct 2017

Venue Raumati South Hall, Tennis Court Road, Raumati South

HEALING POWER OF SOUND

Among the many tools that are available in Yoga and Yoga Therapy, the use of sound when chanting in Sanskrit holds a special place for the yogin-s of the past and the present. Sanskrit is an ancient phonetic language which utilises the power of sound vibrations. Vedic chants in Sanskrit are said to have been received by sages when they were in deep meditation. These chants have been handed down through an oral tradition for thousands of years.

This seminar will provide opportunities to learn some Vedic Healing chants. No prior experience is necessary and is open to all. The rules of chanting and pronunciation will be introduced during the seminar under the guidance of a very experienced teacher, Menaka Desikachar. We will honor the tradition of ancient teachers using the process of adhyayanam - listening to the teacher and then repeating the chant. We will also do a yoga practice each day that combines the use of chant with simple āsana and breathing.

Cost NZ\$ 225

Dates 07 - 08 Oct 2017

Venue Dunedin Yoga Studio, 492 Moray Place, Dunedin

Dates 14 - 15 Oct 2017

Venue Blockhouse Bay Boat Club, Endeavour Street, Blockhouse Bay, Auckland

CONTACT & OTHER INFORMATION

Interested participants can kindly contact Ruth Diggins via ruthyoga@paradise.net.nz or through phone **04-905-6224** or **021-258-6865** to register for this very special event.

Menaka Desikachar will also be available for private Yoga Therapy consultations during her visit. Through these sessions, consistent with the traditional teaching of Yoga, you can benefit by receiving an individualized and holistic daily practice, that will be suitable for your health and wellness needs. Alternately you could also book her for a private chanting class. Cost of consultation will be \$120. In order to know the time slots available and to pre-register for these, kindly contact the local coordinator. Since only a limited number of places are available, it is advisable to pre-register for these. Each private may last between 30-45 minutes depending on the need.

Menaka Desikachar may be assisted by some of the senior teachers in this tradition during the seminars and also in some of the private sessions. These teachers include Sacha Kronfeld, Ruth Diggins and Evelyn Einhaeuser.