

Sound Health



The Art of Yoga Chanting

Tuesday January 9th 2018

A half Day of Yoga Chanting with Paul Harvey, student of TKV Desikachar

A half day open to all Yoga students and teachers interested in Sound and Chanting, irrespective of experience and ability.

We will explore Yoga Chanting focussed on the Viniyoga or application of Sound within Practice, with discussion and question time.

The emphasis will be the application of Yoga chanting in practice and the role of sound as a tool for health, well being and awareness.