


Nada Yoga, Mantra
&
Bhakti Yoga Teacher Training
with **GINA SALA**



シルク・ド・ソレイユの伝説の歌姫

ジーナ・サラによる

ナダ・ヨガ&バクティヨガ、ティーチャートレーニング！
音のヨガ、ヴォーカルケア&テクニク、チャンティング、キルタン

2009年12月12日&13日



Nada Yoga & Bhakti Yoga Teacher Training with GINA SALA'
(Vocal Care and technique, Nada Yoga, Mantra, Bhakti Yoga)

Dec. 12th & 13th 2009

9:30~17:00

Satsang: Kirtan with GINA SALA

Dec. 12th 2009

19:00~21:00

DEC. 12th PT. ONE 9:30~12:30

Vocal Care, Warm-ups, and Technique for the teacher's voice- It is important for a yoga teacher to be able to speak clearly and be heard with power and gentleness and relaxation, clear to all corners of the room, and even when people are upside down or in different positions. As a yoga teacher moves about the room, how can he or she project her voice so it is strong and yet relaxed. Also, how to bring more awareness to maintaining good vocal care so that one can teach aloud all day many days and still have stamina for the voice to stay strong and at ease (and not get tired).

DEC. 12th PT. TWO 14:00~17:00

Introduction to Nada Yoga, Japa Yoga, Mantra Yoga: In this section we discover the power of vibration, both in theory and experientially. We will learn how the ancient yogis taught about sound and yoga, and also different ways to practice with mantra. We will explore the different uses and ways of working with mantra, and the benefits

(health, mental, emotional, physical, spiritual). This is a good introduction then to more in depth mantra practice- especially those practices that help us remember who we are, calm the mind and nervous system, and be at peace. Very important in our busy lives.

DEC. 12th PT. THREE 19:00~21:00

EVENING KIRTAN: Singing sat sang/kirtan (chanting) with Gina Sala

An evening of sacred chants/mantra and songs that allow the mind to rest and the heart to bloom. Like with the honeybee and the flower, there is such sweetness in this union. Come as you are, participate as you like: sing, dance, or rest back in the powerful and bhakti vibrations that also sing through you. Remember your innocence. Share in the delightful, rooted and inspiring shakti that lets our hearts open to love.

DEC. 13th PT. FOUR 9:30~12:30

Mantra Practice and Pronunciation-

In this section, Gina will offer some more specific mantras, a bit longer ones useful at different times in a yoga class, with very precise pronunciation. Rather than learn a lot of mantras but without integrating or correcting pronunciation in this class Gina will teach several and make sure that the pronunciation is very accurate so that they are more effective and a teacher can share it and have the shakti (power) in the mantra more fully if they share it in class. Some stories also will be included for context.

[As a side note: In India, a person will get a mantra and work with it for years, or do 10,000 repetitions minimum before sharing it with another. In this training Gina will give a deep experience, as well as information about power of mantras.]

DEC. 13th PT. FIVE 14:00~17:00

Bhakti Yoga and Kirtan:

We will explore bhakti yoga and creating a bhav, or atmosphere for students. We will explore elements of kirtan chant leading, selection of chants, some stories to increase our feelings of connection and engagement in the chant. Also Gina Sala will facilitate opportunities to move through fear to practice letting our voices be heard on chant. This is a joyful way to open the heart, and expand our capacity to give and receive love, to allow love to pour through us to the world, each other, and ourselves and to the Divine. It is another yoga, another way to realize our union.

LOCATION: YOGA SPOT

PHONE: 045-308-3368

TUITION: All Five parts

EARLY BIRD: 46000 YEN (register and pay in full by Nov. 15th)

After Nov. 15th: 52500 YEN (tax inclusive)

KIRTAN only: 4200 YEN

PRE-REGISTRATION REQUIRED

TO REGISTER: Email: info@yogaspot.jp

1)Name,

2)Phone #

3)indicate full training or kirtan only

4)Email add.