



healing **yoga** foundation  
SAN FRANCISCO

# TRANSFORMATIVE CHANTING

## Creating Change Through Sound

### WITH SONIA NELSON

**Weekend Dates:** September 24-26 , 2010

**Friday Time:** 6:00-8:00pm

**Saturday/Sunday Times:** 9:30-12:30 and 3:00-5:00pm

Chanting is a powerful tool for discovering, expressing and influencing all dimensions of the human system. As a practice and study on its own chanting can help us to:

- improve our focus, memory and mental discipline
- build self confidence and awareness
- bring balance to our energy
- reduce mental and emotional agitation
- find and refine our own voices
- improve listening and communication skills
- increase our usual breathing and digestive functioning

- strengthen the link to our own spiritual connections
- support an overall sense of well being

Combined with yoga practice, we can discover and forge new pathways between body, mind, and breath, infusing our relationship to yoga with new vitality.

Taught step-by-step through listening and response, pure sound and simple chants from the Vedic and other traditions will be taught and then applied to asana, pranayama, and meditation.

No prior experience with chanting is required.

**Cost:** Pre-registration required. \$275 if registered by August 30, 2010; \$325 after August 30, 2010.



**Sonia Nelson**, Director of the Vedic Chant Center, has been a student and teacher of Yoga and Vedic Chant for over twenty five years. As a student of T.K.V. Desikachar since 1975, Sonia is a Certified Teacher Trainer in association with the Krishnamacharya Healing and Yoga Foundation (KHYF)

In addition to integrating the use of chant into yoga practice, Sonia has developed a unique approach for teaching Vedic Chant to Western students and gives seminars and workshops nationwide and at the center in Santa Fe. She has released a number of CDs including tutorials for learning Vedic Chant and the Yoga Sutra of Patanjali. In Santa Fe Sonia focuses her teaching on continuing education and personal practice development for yoga teachers through individualized instruction in private classes.