

# *2009 Himalayan Yoga Tradition Congress*



## *Russill Paul Events*

*Kirtan: 7/24, 7 to 10 PM*

*Yoga of Sound Workshop:  
7/25, 10 AM to 5 PM*

*Russill Paul* is author of the ground-breaking literary work *The Yoga of Sound: Tapping the Hidden Power of Music and Chant* (New World Library) and the music producer of several acclaimed chant CDs through The Relaxation Company, NY. He trained simultaneously as a monk and yogi under the direction of the renowned sage and mystic, Bede Griffiths, in South India for close to five years and has taught in graduate and post-graduate spirituality programs for 17 consecutive years. He presents his work on sonic mysticism at prestigious retreat and learning centers nationwide.

*YOGA and music*, two powerful approaches to optimal health, have garnered enormous credibility in the western world in the last two decades. Health, we are fast realizing, is not simply the absence of disease: it is a condition of soul that invigorates our being, enabling us to derive the most from life. The Yoga of Sound is a powerful spiritual system that unifies the key principles of healing found in yoga and music into an effective practice. The observable universe – now understood in terms of frequency, mass and energy – are all terms that can be associated with the phenomenon of "sound", whether or not our physical ears can "hear" them. In relationship to life, we now understand that sound can be configured to "energize" or "de-energize", or in the case of inanimate objects, sound can "harmonically configure" or distort or destroy their structures. The Yoga of Sound is a platform to understand not only the physical, psychological and spiritual properties of sound, but how such understanding can improve our lives, our world and our societies.

*The Yoga of Sound*, through the Indian tradition of Nada Yoga, is grounded in the millennia old comprehension of the role and value of sound in the personal as well as cosmic dimensions of our existence. This is not fanciful language: a vast quantity of hard scientific data now corroborates traditional, even esoteric understandings of the transformative power of sound as it relates to the physical and psychological dimensions of human life. In the Yoga of Sound, the word "sound" embraces everyday speech and communication, the development of listening skills and the enjoyment of music, all of which are integral to the experience of human life and community.

*The practitioner* is not required to sing or have a good voice, or have any knowledge or skill in music. However, the use of exercises that involve sound production (internal as well as external), the employment of listening techniques, and the use of supportive music, all serve to enhance this experience. Participants learn to release toxic emotions, calm their mind and discover the joy of connecting to “source energy”. This is the essence of all Yoga and the heart of The Yoga of Sound!

*The Yoga of Sound* combines the use of sacred speech, music, chant, movement, breath and meditation in a holistic approach to the joy of vibrant health, spiritual awakening, personal empowerment. This is accomplished through the combination of understanding and applying how sound relates to our sense of health and well being and then applying relevant practices to implement this understanding in our daily life. For more information, visit [www.russillpaul.com](http://www.russillpaul.com) / Copyright © Guha Soulworks LLC, 1989 – 2009

## ***YOGA OF SOUND WORKSHOP SCHEDULE***

### ***10:00 AM Morning Session: approximately 2.5 hours***

Opening: Invocation and Musical Meditation

Orientation: Introducing “sound” as a spiritual and healing tool

- Break

Experiential Session: a guided session involving sound, movement and meditation

- Break

Discussion Period

- Lunch Break

### ***2:00 PM Afternoon session: approximately 3 hours***

Discussion Continues

Lecture on Practice and Techniques

- Break

Experiential Session: a guided session involving sound, movement and breath

- Break

Discussion Final questions and comments:

Closure

*Note: Participants will receive URL for special web page that will feature any notes, reminders, informational links, recommended resources and post workshop handouts*