

Sonic Sadhana™ Series

Inspire your soul with this series of sonic meditations, vibrational healing and devotional music from the roots of India to the source of all sound!



As taught by
~ Saraswati ~
(Sheinagh Anderson)



The Sonic Sadhana workshops include:

- **Swaras and their emotion,**
 - **Voice culture,**
 - **Basic introduction of ragas**
 - **devotional morning raga bandish**
 - **Sanskrit stotra**
 - **Sanskrit mantra**
- These workshops will be very beneficial for yoga teachers, yoga students, meditators, chanters, musicians, music students, and anyone who wants to sing as daily practice. The workshops will give practical tools and sound advice to strengthen and beautify your voice for your bhakti practice. The more you sing, the better you'll feel!

Join us:

Saturday, March 11th & Sunday March 26th

10:30 a.m. to 12:30 p.m.

OM Space Studio

#1 – 1540 W. 13th Ave. @ Granville

Fee: \$ 20

- Please reserve your spot soon as we are limiting the number of participants to 15 and are already confirming attendance for both dates. We cannot guarantee space for drop-ins!

For further enquiries and to register call

Sheinagh @ (604)-251-1323 email: omsaraswati@shaw.ca

Or

Sandra @ (604)-685-5556

Sheinagh Anderson (Saraswati) is an international vocal performance and recording artist, as well as a voice teacher, reiki master, and spiritual counselor. She has worked with individuals of all backgrounds; in the circus, theatre, dance, public speaking, and healing arts to empower and prepare the voice for presentation, and teaching the healing power of the voice through techniques of intention and devotion. She has studied world vocal styles with teachers from Canada, Europe, Mongolia, the U.S., Pakistan, North and South India, and has performed a wide range of sacred music from around the world including, Gregorian Chant, Carnatic, Overtone Singing, Bhajan, North Indian Classical, Bhakti and Nada Yoga. Sheinagh teaches voice workshops and guides daily Sadhana practice of meditation, chant and philosophy out of OM Space Studio in Vancouver and conducts workshops in voice, chant and nada yoga in Canada, the U.S. and internationally.

For more info you can visit her site:

www.sheinagh.com/workshops