



The Yoga of Voice™

(Nada Yoga)



The Yoga of Voice classes are designed to provide participants with a complete vocal foundation which they can apply to their speaking, singing and meditation. The classes combine tools gathered from both Eastern and Western singing, as well as yogic breathing and meditation techniques. Beginners and more experienced vocalists will all benefit from integrating these voice fundamentals into regular practice.

Below are some of the practical tools that will be covered.

**The Voice in Meditation
Connecting Breath and Sound Making
Eastern & Western Vocal Technique
Sacred Syllables as Tools for Voice Development**

**Taught By
Sheinagh Anderson
(Saraswati)**

- The voice masterclasses will be beneficial to yoga teachers, yoga students, meditators, chanters, musicians, music students, public speakers and those who want to have a foundational singing practice.
- The workshops will give practical tools and sound advice to strengthen and beautify your voice.



Sheinagh Anderson (Saraswati) is an international vocal performance and recording artist, having toured with Cirque Du Soleil. She is also an accomplished 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, Gazaal, Bhajan, North Indian Classical, Bhakti and Nada Yoga.



**For more information contact
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For more info on Sheinagh and other workshops www.sheinagh.com/workshops**

