



YOGA AND MUSIC IN GOA

**Yoga and music in harmony with nature
9th – 20th January 2010**

We warmly invite you to enjoy an enchantingly natural bay called Patnem in GOA. The beauty and ease of the surroundings enhance the beneficial effects of yoga and sound. We will combine these two by practising yoga, singing mantras, experiencing sound massages and sound voyages and thus do good to our body, mind and soul.

No previous knowledge or competence in either music or yoga is required. Children are also most welcome!

The daily schedule includes:
90 mins. yoga, breathing exercises and meditation in the mornings
90 mins. music in the afternoons

In between you will have the opportunity to explore the formidable surroundings. Breakfast and dinner will be taken together.

Babek Bodien – musician

Has been on stage for 10 years, produces CDs, gives seminars and works in projects together with musicians, dancers, therapists and artists.
www.myspace.com/babekbodien

We will start by tuning ourselves in on our inner sound. To this effect, we will work with our body, our voice and our pulsation, all being our native instruments. Within the sound a space will emerge where you can encounter yourself and others authentically. We will sing mantras from India and songs of vigour from all over the world and open up to the transforming energy that lies in these songs. Round dances and body percussion energize in a playful way. If desired, drums can be organized to learn elementary rhythms or to enjoy drum sessions around a bonfire. Sound massages and voyages invite you to relax and you can experience the sound and vibration of the didgeridoo or the singing bowls like a healing touch.

Yoga

Jutta Gita Klenzner – Yoga teacher

Jutte has been practising integral hatha yoga with traditional ashtanga and sivananda elements, variations of suryanamaskara, chakra and breathing exercises as well as meditation for 16 years.

www.yogayou.de

Simple harmonising movements and the roots of hatha yoga energize your body in the mornings, make you aware of vigour and flexibility. Your posture straightens up. The yoga positions are enhanced by ancient mantras or instruments. Vitalizing breathing exercises enhance the energy flow. A heightened well-being, an increased clarity and serenity as well as the ability to relax deeply and to meditate can be experienced.

Accommodation and Prices

Cost for 12-day seminar: €480,-

Please make your own travel arrangements

Patnem is about 90 minutes from the International Airport Dabolim in Goa (organized transfer) and can be reached from various European airports, e.g. Frankfurt via Dubai.

The Place

The Healing Center Harmonic is situated on a rock in the quiet bay Patnem and offers a natural and loving setting with a friendly English-speaking service.

Accommodation can be booked directly via the Healing Center. The selection of three different categories regarding interior and price allow you to choose your accomodation according to your individual needs for this seminar.

www.harmonicingoa.com

Group tours if desired

- Dolphin tour with a fishing boat
- Trip to an organic farm in the jungle or to the Dudhsagar waterfall
- Shopping at the Night Market in Anguna

Booking & **Contact**

yoga you
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Registration possible until 15th October 2009

You will find detailed information on our homepage in German as well as in English in a pdf download.