

## DUBAI MANTRA RETREAT (APPROX)

### Discover Your Voice, Discover You

23rd to 25th January 2020

<b>23rd January</b>	9:00 AM	Welcome address and Introduction
	9:30 AM	Yogāsana Class (for improving the singing apparatus in our body)
	10:30 AM	Nāda Yoga – The Yoga of the Voice Part 1
	11:30 AM	Tea Break
	12 Noon	Nāda Yoga – The Yoga of the Voice Part 2
	1:00 PM	Lunch
	2:00 PM	Learning the Indian Music Notes, Texture and Philosophy
	3:00 PM until 4:00 PM	Recap of the learning for the day + ending with a Kīrtan/Chant/Mantra

<b>23rd January</b>	9:00 AM	Yogāsana Class
	10:15 AM	Finding the right Key to sing + Sargam(solfege) singing to improve the fluidity in the Voice
	11:30 AM	Tea Break
	12 Noon	Learning about Rhythm and to read and write basic Indian Music Notation system
	1:00 PM	Lunch
	2:00 PM	Learning about Rāgas and learning Rāga Bhairava
	3:00 PM until 4:00 PM	Recap of the learning for the day + ending with a Kīrtan/Chant/Mantra

<b>23rd January</b>	9:00 AM	Yogāsana Class
	10:15 AM	Rāga Bhairava(continued) with a composition Kīrtan in the Rāga
	11:30 AM	Tea Break
	12 Noon	Learning to play the Harmonium & Tanpura with practice lessons
	1:00 PM	Lunch
	2:00 PM	Learning to play the Harmonium & Tanpura with practice lessons(continued)
	3:00 PM until 4:00 PM	Recap of the learning for the day + ending with a Kīrtan/Chant/Mantra

#### **Some important points:**

1. The timings for the classes/sessions are indicative and could change according to the day-to-day convenience and group interests. Relevant announcements will be made every day.
3. There will be time and space to hold one-to-one sessions with Sudhanshu in the evenings. Participants are requested to get in touch with the teacher and plan the timings for the sessions.

## The Immense Benefits of the Workshop:

- Supplement your Yoga practices with the Ancient Indian metaphysical system of Nāda Yoga – the Yoga of Sound
- Channel your breath the right way, helping you to cope with stress and anxiety
- Blissfully blend the therapeutic sounds inherent in Indian Classical Music into your day-to-day life
- Become technically sound and soulfully connected with the musical notes
- Know and learn about Rāga – the essence of Indian Classical Music
- Learn a Rāga, Mantra or Kīrtan
- Find the balance between mind, body and soul through Yoga and Meditation practices
- Discover and re-discover your voice and 'yourself'

## We Welcome you if you are:

- A **vocalist** seeking to dive deep into the nuances and know-hows of Hindustani Vocal Music
- A **Raga/Music enthusiast** who wants to understand and know more about the vast and juicy world of the Indian Ragas
- A **Sound Healer/Practitioner** who wants to soak in and incorporate the therapeutic sounds inherent in Indian Classical music
- A **Yoga Teacher/Therapist** wanting to supplement your practices with the ancient Indian metaphysical system of Nāda Yoga – the Yoga of Sound
- A **Kīrtan Artist/Singer/Stage Performer** who wishes to become technically sound and soulfully connected with the Music
- A **Seeker/Traveller** willing to discover and re-discover your voice and 'yourself'