

Nada Yoga & Primal Sound: Sacred Sound & Harmony



May 21 & 22, 2016

12-4 pm both days

**With Denise Ngo
(Padmasri Durga),
RYT 500**

\$110 Registration
\$90 Early Bird Registration
(Due April 21)

**Nada Yoga is the yoga of sound.
Science is proving now what the ancient yogis taught:
that the universe is made of vibration, the world is sound!**

In this workshop, you will:

- Understand sound as the creative energetic force of material reality •
- Comprehend energy and information that exists outside of the 5 senses •
 - Be inspired to uplift the thoughts you think and the words you speak •
- Learn to listen deeply and experience physical, emotional and psychological harmony •
- Experience the transformative power of sound harmonized with breath and movement •

**“Yoga is like music. The rhythm of the body, the melody of the mind
and the harmony of the soul creates the symphony of life.” – BKS Iyengar**



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www.yogarasa.net



About your Teacher....



Denise Ngo (Padmasri Durga) RYT 500

Denise is passionate about creating harmony in the world through inspiring transformation of self and others. She began practicing yoga in 2006 and as a classically trained musician immediately saw many parallels between the art, sciences and philosophies of both yoga and music. She has been teaching weekly classes at Yoga Rasa since 2008 and is currently working toward her E-RYT 200 certification. Denise extends deep gratitude and love to her teacher Padma Shakti (Tracie Brace Hatton) for the guidance and teachings she has received. She

has also taken workshops and trained with Mahadevi (Sandra Summerfield Kozak), and Swami-ji Dr. Stephen Phillips and also acknowledges the profound influence Dr. Paul Hatton has had in her journey. Denise also enjoys sharing music with children as an elementary music teacher and practicing, performing and spending time with her husband, David. "Only if we are still enough inside, can we become aware that there is a hidden harmony here...a sacredness." - Eckhart Tolle

"That which has created, and which is holding, and in which is held the whole manifestation and the whole cosmos, is one power, and that is vibration." Hazrat Inayat Khan

Registration – Nada Yoga & Primal Sound (May 2016)

Payment submitted with registration

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number(s): _____ Email: _____

Known Health Conditions: _____

Disclaimer

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor. I also understand that my registration payment is non-refundable and non-transferrable. By undersigning, I have reviewed, understand and agree to the above disclaimer.

Signature