

# YOGA OF THE VOICE

SACRED CHANT WORKSHOP: 4 WEEK SERIES

WHEN: WEDNESDAYS 7:00 - 8:30 PM, MAY 4TH - 25TH

WHERE: LITTLE CREEK YOGA, COST: \$80

EARLY BIRD SPECIAL: PAY FOR ALL 4 CLASSES BY MAY 4TH: \$74

DROP INS ALSO WELCOME TO THIS SERIES! \$20 PER CLASS



This four week series, is an immersion into the beauty of chanting, ecstatic singing. The Bhaktis from ancient India wrote ecstatic love poems to the divine, and were irrepressibly engaged in song. Their message was simple: Cultivate joy. This practice provides an opening to deeply connect both with ourselves and with the Divine. Experiencing the vibration of your own voice can slow your heart rate, alleviate nervousness and stress, and even bring you to higher states of consciousness. Come bathe yourself in the nectar. The Yoga of the Voice will be lead by Ashana Sophia, a sacred chant artist and Yoga teacher here in Lafayette. [AshanaSophia.com](http://AshanaSophia.com)

**"Listening to Ashana's sweet voice, being in her presence and chanting with her transports me to a lovely, lovely place. My mind quiets, I feel at peace, and my heart fills with love." ~ Bindu Patel**

**"What Ashana teaches isn't just exercises in spiritual singing, but how to unlock a primal aspect of ourselves that, as adults, we neglect... that is the basic human need to express oneself through sound. This experience has helped me to access my true voice and is refined and enriched more with every class. The music that is produced by a group of souls, under Ashana's gentle guidance, as they vocally strip away their layers touches divinity." ~ Katie Hebert**

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