

VOICE TRAINING for MANTRA CHANTING

By SRI SHYAMJI BHATNAGAR

Enhance your Meditation and Spiritual Evolution by realizing Your True Self through Your Voice

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Sri Shyamji is a master of Naada Yoga – the yoga of sound & mantra. He is the discoverer of Microchakras and the creator of InnerTuning® systems for spiritual development, and the author of Microchakras: InnerTuning for Spiritual Wellbeing.* Sri Shyamji has an international network of students and professionals at multiple centers throughout the USA, Europe & South America.

His workshops, seminars, and classes offer an ideal opportunity for professionals such therapists, psychotherapists, physiotherapists, counselors; yoga teachers and all who want to enhance their well-being.

Fully express your voice!

Sri Shyamji will offer classes in voice training for transformative chanting, as part of the InnerTuning® system. He will impart chanting techniques integrated with the philosophy and psychology of the microchakras.

Challenging emotional states are reflections of energy blocks in the microchakras. These blocked energies manifest as diminished “voice” and expression of the true self, the secure, balanced, loving, creative presence that you are! Through proper vocal training with these InnerTuning® techniques, such obstacles may be identified and transformed.

You will not only chant mantras more effectively, but also experience a certain lightness, as deeply held emotions are transformed. You will learn how to release chronic tensions. The voice will relax, the smile soften, and become natural. Creativity and joy will increase as you learn to meditate within the sounds you have learned to create.

With Voice Training, you will:

- *Learn millennia-old techniques from Naada Yoga, the yoga of sound & mantra
- *How to produce sounds that facilitate meditative states
- *Expand your phonetic vocabulary with additional sounds beyond those of your native language
- *How to chant with confidence and awareness, leading to transformation of emotional states
- *Practice breathing techniques that facilitate confidence and awareness, allowing full expression
- *Learn techniques to integrate and manage the three bodies -- Physical, Subtle and Causal -- leading to greater well-being, balanced emotions and clarity of thought
- *Awareness of Akasha, the Golden Ether

Daily Voice Training Schedule

- Dawn Meditation program
- Two Classes with Sri Shyamji
- Daily group practices of chanting: (recordings with sounds and chants will be available to study during the practices)
- Aarti Practice - the balancing practice for body and brain with light and sound
- Nutritional or cooking class
- InnerTuning movements
- Video from the library of Chakra Institute
- Karma Yoga

Cost: \$990 per 5-day course; \$650 per 3-day course (includes tuition, educational supplies, organic meals and logging in Chakra Institute))

*Available through Amazon or from ChakraInstitute.com

