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mysterium

healing *s o u n d*



Workshops

- 108 Oms
- Deep Listening
- The Yoga of Sound
- Yin of Performance



Angie Tysseland, M.Mus./ (306)260-7561

Chant with us!

Hum, buzz and dazzle your cells into alignment!
No experience required

Give yourself a dose of your own medicine!
Go deeper with sound yoga.

Buzz, vibrate, and massage your soul and body all at once, with simple and proven sound techniques.

Angie's chanting classes offer training and practice in simple, ancient practices of "sound medicine" or "sound yoga" with an emphasis on Shakti Yoga, which focusing on the physical, healing properties of sound. Angie's chakra studies with Anodea Judith form the basis of the class, which is experiential and meditative. Participants feel energized, relaxed and inspired after.

Come join us if you are a yoga teacher who wishes to incorporate more chant into your classes, an experienced chanter, or someone who just wants to feel the buzz!

Come chant!

Angie Tysseland in the Okanagan Valley

Angie, a multi-dimensional musician and composer, has been teaching different versions of this class since receiving "The Naked Voice" training with Chloe Goodchild in 1998. She joyfully brings together the freedom and improvisation of jazz with her extensive classical chops and a dedicated inter-spiritual approach to meditation.



WORKSHOP

The Yoga of Sound

Mindful Health and Fitness Yoga Studio
200-4412 27 St, Vernon, BC (250)545-9904

Friday, March 5, 2010
7 - 9 pm

Registration and pre-payment required.
Please call the studio to register.

