



YOGA JOURNEY

ADELAIDE



2021 WORKSHOP

CONNECTING TO THE SOURCE OF YOGA

An introduction to Vedic Chanting

The Veda-s is the name given to the collection of mantra-s from which Yoga and other Indian philosophical schools of thought emerged. Believed to have been heard by Great Rsi-s while they were in a deep state of meditation, they are considered to be the oldest and most authoritative of Indian scriptures.

Of all the tools of Yoga (āsana, prānāyāma, meditation, etc), Vedic Chanting and the use of sound is the least well known. Yet it is one of the most potent tools for achieving change and transformation as well as positively influencing physical, mental and emotional health.

To pay homage to the those that brought us the invaluable gift of Yoga and celebrate the International Day of Yoga 2021, experienced Yoga and Vedic Chant teacher Polly is offering an introduction to the practice and benefits of Vedic Chanting. All proceeds from this event will be donated to Yoga Gives Back which supports vulnerable women and children in the hardest hit areas of India with food, sanitary items and educational support.

WHEN	Sunday 20 June 2021
TIME	3–5pm
WHERE	Norwood Yoga House 73 Kensington Road Norwood SA
COST	\$15 (bookings essential)

INFORMATION & BOOKINGS

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