



Chanting Workshop At the Yoga Garage

Chanting is the easiest and surest way to:

- ⊙ Open and expand your heart
- ⊙ Quiet your mind
- ⊙ Bring you joy
- ⊙ Immerse yourself in peace
- ⊙ Deepen your state of consciousness and your yoga practice

Join Ahilya Lucille Horsfall and Robert March, ND for an hour and a half of joyful and soulful chanting at the Yoga Garage. No experience is necessary.

Robert is the author of [Sound Healing... Riding the Wave of Sound from Stress to Bliss](#) and has been chanting since 1970.

Ahilya is a Yoga instructor and Massage therapist who has been chanting for over 15 years.

When: Saturday 7th August from 8:30am till 10am.

Where: Yoga Garage, Belair Community Centre, 1 Burnell Drive, Belair SA 5052

Cost: \$20.00

Booking: Karen Gunter on **0403 198 964**






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The Class will involve:

- ⦿ Introducing Ahilya and Robert.
- ⦿ Why chant... what is the purpose and intent?
- ⦿ An introduction to the energetic & physiological effects of chanting.
- ⦿ Chanting the AUM 
- ⦿ The Ganesh chant... for bringing abundance into your life & removing all obstacles. Ganesh Sharanam.
- ⦿ Chanting the beeja seed sounds activating the chakras.
- ⦿ Chanting Om Namah Shivaya... saluting your own divine essence.
- ⦿ Meditation and Conclusion.



Chakra	Location	Colour	Mudra	Syllable or Beeja Seed Sound
Mooladhara	Perineum (between the genitals & anus)	Red	Pranakriya 1	Lam or Lang
Swadisthana	Genital region Sacral region	Orange	Pranakriya 1	Vam or Vang
Manipura	Navel	Yellow	Pranakriya 1	Ram or Rang
Anahata	Center of chest	Green	Pranakriya 2	Yam or Yang
Vishuddhi	Epiglottis (Adams Apple)	Blue	Pranakriya 2	Ham or Hang
Agnya	Eye-brow Centre	Indigo	Pranakriya 3	AUM
Sahasrara	Crown of head	Violet	Pranakriya 3	Ogum Satyam Om