

# Sound of Yoga

Vicki Wilson

October 19 Bodysattva, Thousand Oaks

Saturday 1-2:30

*We will use chant and mantra with asana. Exploring how sound intensifies the physical and emotional benefits of a yoga practice.*

- Explore how sound changes the energy of movement.
- Discover the benefits of sound and movement including increased memory, concentration and deeper state of meditation.
- Listen to yourself using sound as a tool of self-exploration.
- Listen to others and discover how sound provides connection in a group practice.

This workshop is designed for all level of students.

Beginning students will be enchanted with the depth of tools yoga offers.

Experienced students will find tools to revitalize their practice.



**Vicki Wilson** teaches stress management, relaxation, increased strength and flexibility through the use of movement, breath, sound and meditation. She is KHYF Certified Yoga Teacher and registered with YA at the 500 hr level.

[www.vickiyoga.net](http://www.vickiyoga.net)

Vicki's love of Vedic chanting is inspired by workshops with Sonia Nelson and study with Pam Breithaupt and Chase Bossart.

This workshop may qualify for Yoga Alliance CEUs.

REGISTER AT [WWW.BODYSATTVACENTER.COM](http://WWW.BODYSATTVACENTER.COM)

Cost: \$20 prepaid \$ 25 at the door

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