

W O R K S H O P  
**SUZANNE STERLING**



**Fri-Sun, Mar 12 - 14, 2009**  
**Moksha Riverwest**  
 700 N Carpenter

**Suzanne Sterling** is an ecstatic vocalist and composer whose devotional music has been called a "groove-loving and seductive journey into Spirit" and whose music has been commissioned for film, theatre and DVD. She has enjoyed mainstage billing at festivals such as Earthdance, Burning Man, Reggae on the River and The World Festival of Sacred Music (hosted by the Dalai Lama). She offers a unique blend of yoga, music and sacred ceremony to conferences and festivals worldwide- most recently as featured speaker/artist at several Yoga Journal Conferences, The Esalen Institute, The Institute of Noetic Sciences and Earthdance where she led the worlds largest Spiral Dance for 5000 people. She offers workshops on yoga, sound and singing and sacred activism to studios and Teacher Trainings nationwide. Suzanne is also a co-creator (with Seane Corn and Hala Khouri) of Off the Mat, Into the World, an organization offering nationwide training programs combining yoga and sustainable activism

R E G I S T R A T I O N F O R M

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY, St, ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 EMAIL \_\_\_\_\_

**\$25 DEPOSIT REQUIRED TO REGISTER**

PMT AMT  CASH  CHECK  VISA/MC  AMEX  DISC  PAYPAL

CARD NO. \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

O F F I C E U S E O N L Y

OMBASE ENTRY BY \_\_\_\_\_ DATE \_\_\_\_\_  
 REG LETTER MAILED BY \_\_\_\_\_ DATE \_\_\_\_\_  
 EMAIL CONFIRMATION \_\_\_\_\_ DATE \_\_\_\_\_

*The Yoga of Sound and Singing™*

All 3 Session.....\$96(\$120 after Mar 1)

Fri, Mar 12, 6:00 - 9pm .....\$40 (\$50 after Mar 1)

**Introduction to the Yoga of Sound and Singing**

This workshop is an invitation to explore the power of sound and singing as a tranformational tool and as an important part of a complete yoga practise. Singing, much like asana, requires the perfect union of will and surrendur and can connect us almost instantly with both our limiting beliefs as well as our deepest connection with the Divine. Sound and singing can assist in taking the experience of our yoga practise to a profoundly subtle level. Sound, and in particular the use of the human voice can slow heart rates, release anxiety and stress and even bring us to certain states of consciousness. When we work with sound as a meditation tool, we refine our ability to percieve as well as our ability to express ourselves and thus we can use the power of sound to reconnect to our own creativity and to deep states of inner peace.

Sat, Mar 13, 10am-1pm .....\$40(\$50 after Mar 1)

**Sound, Asana and Meditation**

This workshop will expand upon the ideas introduced in the first workshop and will give us an opportunity to have a somatic experience of how sound can effect our state of being. We will explore the vast science behind mantras, the healing power and even medicinal uses of sound and specific instruction on how to use your voice as an aid to meditation. We will cover both the strengths and weakness of the 5th chakra, the art of purification through sound and asana, and yogic techniques to connect you to your inner truth. We will experience combining asana, sound techniques and mantra to uncover the authentic voice within and to bring us into a deeper understanding of the subtle energy body as well as deeper states of meditation.

Sun, Mar 14, 10am-1pm .....\$40(\$50 after Mar 1)

**The Power of Mantra and Ecstatic Singing**

Singing has been an integral part of many cultures for centuries but in the West we have lost touch with the permission to use our voices and subsquently with the incredible healing benefits of sound and singing. Each of us has a uniquely authentic voice and when we create the correct physiological and psychological foundations, that natural voice is freed up to move through us, bringing us into a very real experience of bliss. This class will focus on japa or mantra repetition, vocal techniques and the pure joy of ecstatic singing. Discover the blissful connection between sound, singing and the Divine! There is absolutely no prior singing experience necessary for this workshop! Interested to learn more about the science and art of sound? Shy about your voice? Always wanted to learn how to better express yourself? Curious about mantra? Love to sing but only sing in the shower? This is the workshop for you! All levels are welcome.

