

50-hr Cross Disciplinary

Bhakti Heart Fire: The Yoga of Spirit and Song

Technique, Training and Practice **25 hours**

In depth training with common Sanskrit & yogic chants

Practice attuning to vibratory field of awareness in order to open to the experience of chanting

Deepen inner and outer listening as well as connection with your own authentic voice

Explore meanings of chants and insight into the most beloved Hindu deities through stories, myths and uncovering archetypal representations

Use of mantra in personal meditations (ie. Japa Yoga) & in daily life

Breath Practices and singing technique to support chanting practice

Integrating the heart expanding aspects of Bhakti with the vibrancy and aliveness of the physical asana practice

Learn about the typical instruments used for Kirtan

Creative chant composition at your own comfort level with instructor's guidance

Exploring various ways that mantra can be presented and shared (i.e., traditional or modern)

Learn ways of incorporating chanting into your personal practice and yoga teaching

*If participants have their own musical instruments they are encouraged to bring them however all that is required is to use your own body (ie., voice, hands and heart) to create music together

Teaching Methodology **4 hours**

Small group exploration, discussion and experiential activities

Creating an inclusive and compassionate learning environment

Encouraging student creativity and self-expression

Effective communication, the lost art of listening and giving & receiving feedback

Anatomy and Physiology **2 hours**

Structural and energetic alignment of the body/mind

Effects of chanting on the human body; immune system, respiratory system, circulatory system, endocrine system, neurological and musculature

Philosophy **13 hours**

Benefits of devotional chanting in creating holistic healing shifts in the body, mind and Spirit.

History of Kirtan and mantras and introduction to the Bhakti Yoga Sutras

Relevance of the cosmology of hindu deities and their associated chants for our modern lives

Swadhyaya: Self-study and personal reflection on the impact of chanting (leading and/or group participation)

Body-mind-spirit wellness through ancient earth wisdom

Professional and Ethical Practices

Practicum 6 hrs

Practice participating in and/or leading chants in small and larger groups
Design and create kirtan musical arrangement with the support of the facilitator and the group environment

Explore various presentations of mantras as a guide for chant composition (self-study)

With Brenda McMorrow, RYT

Elective course for the 300/500 hour Cross-Disciplinary Yoga Teacher Training