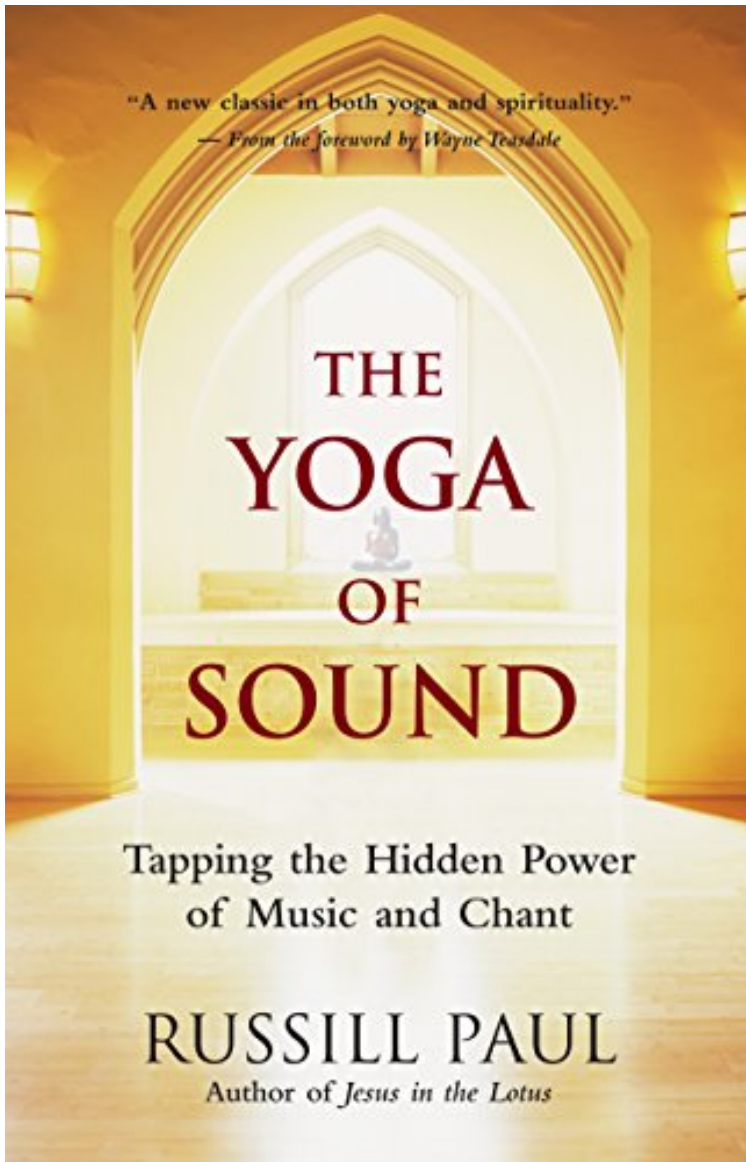


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The Yoga of Sound: Tapping the Hidden Power of Music and Chant



Par Russill Paul
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Description : Description du produitLargely unknown in the West, yet developing alongside the popular form of Hatha Yoga that has swept the world, the Yoga of Sound is a 3,500-year-old spiritual system for reducing stress and maintaining health. Like Chinese medicine and Ayurveda, the Yoga of Sound offers potent sources of energy in the form of sonic formulae called mantras, or sacred chant. In this book and accompanying CD, musician and teacher Russill Paul explores the four powerful streams of this system: mantras (sound), mudras (sacred gestures), pranayama (breath control), and dhyana (meditation). Like his award-winning music, Russill Pauls presentation of this ancient tradition makes it accessible for modern Western tastes and lifestyles. In lucid exercises presented both in the book and the CD, Russill shows how

everyone can learn the art of mantra simply by training the voice. He shows how these practices can help reduce stress, enhance emotional well-being, and optimize the body's energy flow.

For thousands of years Hindu spirituality has understood the profound effect that sound has on our well-being. From this tradition comes *The Yoga of Sound*, which draws on yoga's long history of applying sound to reduce stress, maintain health, and invoke spiritual awakenings. In lucid exercises presented both in the book and on accompanying downloadable audio tracks, Russill Paul shows how everyone can learn the art of mantra and how these practices can help to optimize the flow of energy within the body and enhance emotional well-being.

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