

## *Indian Voice & Music Meditation Workshop*



Conducted by **Tritha Sinha** - Indian Classical/Contemporary Singer

*“Anybody and everybody can sing!”*

This is what my Gurus have said over the last 25 years of training in Indian classical music. When I sing, I feel good. I feel happy and I spread this happiness to the people around me. But for a long time, I could not get it right, and that made me feel that I can never sing. My Guru laughed and told me, “You are a silly girl! Why are you depressed when you don't even know how and where to start? One has to know the technique, the method. And after that, it's as easy as smiling.”

Once, hooked on to learning, I could never stop. Now I sing, I learn, I practice and I teach this secret and easy method. How to sing without the pressure of how to sing!!!

In this Indian voice workshop, we will say hello and connect with our vocal chords. We will understand the importance of listening and open these precious tools of awareness we have - the voice and the ear. Meditate through silence and sounds of trees and birds and the Tibetan bowl music and learn to calm our mind. Learn to sing the Sargam and feel the sounds vibrating inside your bodies, healing the heart and mind. Understand the concepts of Raga - based on the nature and time - of day and night, or seasons or emotions.

And we will end the session learning a Sanskrit Mantra with its potent good vibrations which has lasted over centuries.

Happy learning and happy singing !!

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About the Conductor :



## **Tritha Sinha**

Originally from Calcutta, Tritha is a child prodigy in music. One of India's most promising musicians Tritha is a rising figure in India and Europe, not only as a singer and performer but also as a strong and modern Indian woman fighting for Women's freedom and independence. Tritha's picture has been traveling all over the world in 2011 and 2012 with the exhibition - 'Women Changing India', organized by the Magnum Photo Agency from Paris and BNP Paribas.

Tritha was also featured in BBC and in the most popular music show TRACKS on TV channel Arte. French TV show of Canal Plus, Les Nouveaux Explorateurs, featured Tritha as a young Indian classical musician making unique contemporary styles. She began studying Indian classical music at 5 years old in the Agra, Patiala and Bishnupur gharana and has never stopped. She is now mastering the intricacies and techniques of Indian classical singing, thanks to the tutelage of her reputed worldwide master, guru Pandit Santanu Bandhyopadhyay.

After a career on stage in Bollywood music, she decided in 2010 to devote herself to her own music

and compositions. Her unique style, mixing Indian classical and psychedelic punk-rock rhythms has seduced critics and audiences alike in India as well as in Europe. Her album "PaGli" has released on Sony Music in June 2014. Her band Tritha Electric is now representing India in various world music festivals across the globe. She is recently back in India from her 5-month tour in Europe which also had her band selected at the prestigious World Music Festival at WOMEX in Budapest in October. After which, she spent a month in America, representing India at the one-month Onebeat 2016 program and tour with 25 international socially engaged music artists in October,

As an ethical desire to share her knowledge of Indian classical music and its beneficial effects for singing and meditation, Tritha conducts music and voice workshops in different parts of the world.

[www.tritha.com](http://www.tritha.com)