

IF YOU CAN SPEAK, YOU CAN SING!

VOICE TRAINING

MUSIC MEDITATION

CHAKRA CLEANSE

Variety of Sound & Voice Workshops : Based on what you seek...

With Indian Classical & Contemporary singer - TRITHA



INTRODUCTION

In these Meditation & Voice workshops, emphasizing on a particular topic, we will meditate and connect with our vocal chords. Tritha is trained in Indian classical music for 3 decades in the ancient traditions of 12th century Dhrupad and 16th century Khayal. She shares her knowledge through workshops now since the last 10 years. We will understand music as a way of feeling and absorbing which has lasted over centuries in Indian oral tradition ways of learning – the Gurukul parampara.

Happy learning, healing and happy singing !!

If you can speak, you can Sing !

This workshop is to break the idea that singing is a god-gifted quality. We will understand here 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. “Anybody and everybody can sing!” This is what my Gurus have said over the last 25 years of my training. Just a matter of learning the right technique with the right guide/teacher/guru - says Tritha about these techniques involving meditation, breathwork and voice muscling. We will break the ice about singing in the workshop and leave with some life-long secrets of learning about voice and progress effectively without stress but enjoying this way of expression.

Let's Heal Let's Listen– Ragachikitsa Music Therapy Technique

With the technique of Ragachikitsa, an ancient sound healing form from the Indian classical music tradition, we will learn about listening and embodying the different sound frequencies in the raagas that heal specific organs in the body and bring about relief, prevention and cure. Cognizing that there are specific sound frequencies that directly resonate with the specific organs and areas of the Human body (that can be divided as Chakras) and that raagas are a combination of different sound frequencies relating to those specific Chakras, the analysis is that there are raagas that make sacred geometrical sound patterns that can help heal the body. Even physicians use some raagas for their treatments of patients sometimes. Raag Darbari is meant to cure insomnia and balance the crown chakra. Like Raag Bhairav & Durga is meant to ease hypertension and be like a soothing balm for the heart chakra. Raag Yaman is meant to activate or balance the Swadhisthana Chakra - sacral organs. We will learn to put intention, listen to these Raaga as a sit-down or lying down position and heal that specific chakra.

Chakra Healing with one's own Voice

The ancient system of **Nada Yoga**, acknowledges the impact of music on body and mind. Vibrations are produced from sounds to uplift one's level of consciousness. This involves the Kundalini energy physically moving up from the Root chakra through the central channel to reside within the Crown Chakra at the top of the head. This can be achieved through Sound. In this Workshop, we will learn to meditate and activate our lowest and highest sound frequencies with our own voice and check where in our bodies we feel those vibrations. We will learn to produce the specific sound frequency for the specific chakra with the elongated breath and deep meditation and bring about our own healing. We will do this using the ancient seed syllables known as Bija Mantras such as Lam, Vam, Aum, in repetitions and bring about the sonic harmonics vibrating effectively for to enable our body, mind, heart and soul healing to happen in the most relaxed manner..

Journey from the Inner to Outer Voice

In this workshop, taking the secret techniques from the tradition of 12th century dhrupad, the root of Indian classical music traditions, we will learn vocal exercises like breath, universe between 2 notes (legato exercises), dynamic (staccato) exercises and vocal hammering to muscle the voice. We will recognise the inherent wisdom of one's deep inner voice and train our outer voice in connection, with emphasis of achieving first the inner harmony within and then naturally produce sound wisely only to bring outer harmony in the environments with out voice whether used for communication or to sing a song. We will also learn an empowering mantra in the end which we can come back to visit any time whenever our spirit needs power and assurance in our daily lives and functionings.

Mantras & Chants - Right Pronunciation and importance of Sanskrit

The chants in Vedic Mantras in praise of God have been used as a cure for several disharmonies in individuals as well as in the environment. A "**mantra**" is a sacred utterance, a numinous sound, a syllable, word or phonemes, or group of words in Sanskrit believed by practitioners to have psychological and spiritual powers. Mantra meditation helps to induce an altered state of consciousness. Mantras come in many forms. They are typically melodic, mathematically structured meters, believed to be resonant with numinous qualities. Some mantras have no literal meaning, yet are musically uplifting and spiritually meaningful like Beej Mantras and some others are filled with potential meaning and praises of Gods and Goddesses, essentially grand attributes in human nature that we seek. In this workshop, we will understand the importance of pronouncing the mantras correctly so the sonic vibrations are created right with the use of our mouths, phonetics and then the right sound produced with the proper intentions and efforts with our breath in connection with our Vocal chords. All done in alignment with our heart, thoughtless mind and using our inner voice to produce the right sound with our outer voice.

Book Tritha : (All workshops are 1.5, 2 or 3 hours express format / or 1 day or weekend detailed format)

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