

2 Experiential Evening Workshops with Rosie Warburton

Abundance Wellness Center (AWC)
325 John Knox Rd. Bldg. T
Directions: www.awc-tallahassee.com

Sanskrit Seed Sounds, Mantras & Kirtan

Thursday, April 18, 2019

6:00 – 9:00 pm

\$35 with reservation; \$40 at door

This is a 3-hour experiential workshop! We will explore the Sanskrit seed sounds and vibratory essence that form simple mantras – add melody and a twist of devotion and you have Kirtan!

Sanskrit is an energetic language. The 50 seed sounds, or bijas, are building blocks to all mantras. Mantras are the foundation of Kirtan, the devotional call-and-response chanting.

In this workshop, we will:

- 🕒 Chant the Sanskrit alphabet
- 🕒 Learn seed sounds of each Chakra
- 🕒 Form a melody for our Kirtan to celebrate the Divine

Vocal Techniques for Empowerment, Balance, and Transformation

Friday, April 26, 2019

6:00 – 9:00 pm

\$35 with reservation; \$40 at door

This is a 3-hour workshop in which you will learn 3 distinct and powerful vocal techniques and seed sounds (bija mantras) for attunement, alignment, and physical/emotional energy balancing. These techniques are deeply balancing and transformative

We will learn:

- 🕒 Toning: Vocalizing extended vowel sounds for physical and emotional healing
- 🕒 Bija Mantras (Sanskrit Seed Sounds) for the Chakras
- 🕒 5 Seed Syllables of the Warrior Mind to balance negative emotions



Visit Rosie's website for online registration for all Florida
Workshops and Sound Journeys
www.wholisticsound.com/new-events

or

Contact Rosie at 727-479-9916 ~ email soundbodycenter@gmail.com