



# NAADA YOGA

A CLASS THAT EXPLORE SOUND  
IN A PRACTICE OF YOGA

## About Naada Yoga

***"Naada means "sound" or "tone" and "universal pulse of life" or "flowing stream of consciousness." In yoga, nāda refers to the nasal sound often found in mystical words."***

- Sacred Sanskrit Words

Naada Yoga or Sound Yoga is one of the oldest forms of yoga where we find its origin in the Vedas. Through different sounds (bija mantra) and toning, the practice of Naada Yoga helps to find union with our higher self. By using our voice in specific ways, we discover how it becomes a powerful tool to centre ourselves, to balance the vital energy (prana) in the body, to manifest our deepest strength and creativity.

Learn how to free your voice with simple exercises, that helps to raise up the energy, to relax and be more in touch with our vibrational body. Listen your music within, develop more your inner space and discover how your voice can bring you to a deep state of meditation.

## Examples of themes that can be explored during the class

- Primal sound, 5 koshas, sacred vowels
- Bija mantra : seed sounds to attract different qualities
- Initiation to sanskrit alphabet and mantra chanting : feeling the sound
- Chakra balancing through sound
- Sound meditation, the art of listening and receiving
- The music within : the art of spontaneous singing and vocal improvisation
- Intention, imagination and affirmation : how to use these powerful tools to achieve goals
- Asana, pranayama and voice techniques
- Bhakti yoga, devotion and heart opening exercises
- Exploration Indian Classical music and raga

Workshop available in the format of 1 hour and a half, half-day or one day!



## Andréanne Laframboise

As an avid singer and voice teacher for the last 15 years, Andreanne Laframboise first trained her voice in Western Classical Music and Opera and obtained a bachelor's degree at the University of Montreal.

In 2013, she decides to follow her heart and go study Indian Classical Music in India. Based in Rishikesh for two years, she will also learn Ayurveda and Hatha Yoga. This is where she has her first intuition about how sound and voice can deeply transform and heal. In Bali, she will have a real awakening in her work, where she will start to lead kirtan and Sound Healing session. Since 2016, she is learning Sanskrit at the Sri Aurobindo Society in Pondicherry to deepen her understanding of mantra, where music and spirituality cross paths. She is currently studying Hindustani music with the vocalist Lakshmi Santra.

Originally from Montreal, Canada, Andreanne Laframboise travels around the world with her music, doing workshops in Nada Yoga, Sound Journey and Kirtan. Her intuitive and nomadic path brought her to develop a unique technique of sound yoga that combines all her knowledge to free the voice with awareness. She has been invited to share her voice, retreats and workshops in Bali (Indonesia), Thailand, India, France, United States and Canada. **[www.ayurnaada.com](http://www.ayurnaada.com)**

## Trainings

- Nada Yoga teacher training, Nada Yoga School, Rishikesh, 200 hours
- Sanskrit Intensive workshop with Sampadananda Mishra, Sri Aurobindo Society, India
- Hindustani Vocal Music, Pondicherry with Lakshmi Santra, actual teacher
- Nada Yoga training, Naada Yoga Studio, Montreal with Ann Dyer
- Ayurveda and yoga, Namo Yoga Studio with Balaram, Chiang Mai, Thailand
- Ayurveda, Ayuskama Ayurvedic Institute with Dr Vinod Kumar, Rishikesh, India
- Hindustani Vocal Music, Rishikesh with Neeti Kumar, 3 years
- Classical Vocal and Opera, Montreal, 8 years.

## Contact

alaframboise1@gmail.com  
**[www.ayurnaada.com](http://www.ayurnaada.com)**