



SOUND YOGA, BODY & CONSCIOUSNESS

TRAINING PROGRAMS IN NADA YOGA

By Andréanne Laframboise & Joseph Schmidlin



SOUND YOGA, BODY & CONSCIOUSNESS

NADA YOGA TODAY :: OUR PHILOSOPHY

We, Andreanne Laframboise and Joseph Schmidlin, are teachers with many years of experience that offer workshops and training around the world. Our mission is to bring awareness of how sound can be a vector to connect us to our deeper self.

In our programs we use sound as a medium to combine all the delicate layers (koshas) of our being : the physical body, the pranic body, the mind (mana), the intellectual or sensorial body and the blissful self (anandamaya kosha). The practice of Nada Yoga (Sound Yoga) is one of the oldest forms of yoga that integrates sound as a powerful tool for meditation, concentration and connection with ourselves and others. Sound is vibration and vibration is energy. So by deepening our listening capacities, we become more aware of our energetic being, our vibrational body. Sound can be used as a tool that manifests this invisible energy that connects all beings and all things around us.

After participating in many training programs around the world, we realized how the focus is usually put into the body (asana) or on external knowledge in the mind (mana). What we wanted to create with these programs is to find a balance between the intelligence of the body and the awareness of our own intuition. We believe that in every one of us there is a teacher, a guide and an inner guru! By holding a space to experience and practice, with a ground of scientific knowledge, the intuition of each participant is more willing to awaken and this is where we start to heal ourselves and others.

«The world doesn't need more yoga teachers but more yogis» - Parveen Nair

Andreanne comes from the professional vocal world and used this background to take herself deep into the nada or self sustaining source of life. Joseph comes from the world of professional healthcare and has used bodywork and sound healing arts to connect with this same nada. Andreanne and Joseph together bring a unique pallet of experiences which blended together create a alchemical union which they are able to share with others.

During the classes, we will explore different exercises coming from both modern and traditional knowledge : Hindustani classical music, Western classical music, Ayurveda, Yoga, Tantra, the Body Healing Arts such as Osteopathic manual techniques and Vibrational Energy Medicine, Tuning Forks and other Vibrational tools...





TRAINING PROGRAMS

SOUND YOGA, BODY & CONSCIOUSNESS

We present 3 different options of workshops and offer custom design classes that will reflect your vision and needs. As a complement we also offer individual sessions or treatments after every workshop. Additional activities can be added during evenings such as kirtan (chanting circle), sound bath immersions and ceremony.

We tailor our work to be accessible to beginner and advanced students alike.

One day program

Introduction workshop : 8 hours day program

An overview of how sound can be integrated into their individual or professional practices. Our style of teaching is an organic blend of theory and practice, this way we begin to understand on a physiological and intellectual level how sound can be an effective and powerful tool.

Weekend program

Beginner training : 2 or 3 days training

In the weekend program, students will dive deeper into the theory and practice of Nada Yoga. They will gain more skills and experiences which they can use to integrate sound into their individual and professional practices. At the end of the weekend, participants will understand on an experiential and theoretical level how sound can be used as an effective and powerful tool.

Week program

Level 1, 7 days training (50 hours)

This program is for students, teachers and healthcare professionals who want to add a specialization of sound work to their practice. Every day students will have theoretical and practical classes design to give them a comprehensive understanding of Nada Yoga and Sound Healing. At the end of the week, participants will have completed a 50 hour certification that will enable them to transmit information to their students.



TRAINING PROGRAMS

EXAMPLES OF THEMES EXPLORED DURING THE CLASSES

- The Vedic theory of sound and vibration : Primal sound, 5 koshas
- The current scientific theory of sound : quantum theory, brain waves function, the endo chemical and autonomic nervous system
- Esoteric anatomy and subtle energy field : a combination of theory and exercises (asana) that will bring awareness of how the body is a vibrational living being
- The theory of mantra : tantric, vedic and laukik
- Sanskrit alphabet and mantra chanting : feeling the sound
- Chakra balancing through sound
- The Ayurvedic Voice : learn the knowledge of Ayurveda according to your voice
- The human fluid dynamics : Explore active and passive meditative movement as directed by our own energy fields
- Sonic vibrational tools : discover how to use tuning forks, metal and crystal bowls, gongs percussion, wind, string, and other sound healing tools
- Open your voice and discover the music within : the art of spontaneous singing and vocal improvisation
- Intention, imagination and affirmation : how to use these powerful tools to achieve your goals
- Bija mantra : seed sounds to attract power
- Balancing sympathetic and parasympathetic system through sound and vibration
- Asana, pranayama and voice techniques



TRAINING PROGRAMS

POTENTIAL DISCOVERY

Example of a day schedule*

8: 30 to 9 - Opening group activity «Receptive vs Active» (sound bath, deep listening practice, meditation, mantra chanting, yoga...)

9 to 10: 30 - Theory of sound healing : the current scientific basis for the efficacy of sound healing (quantum theory, brain waves function, neurochemicals and the autonomic nervous system...)

10: 45 to 12: 15 - Voice yoga : breath and voice coordination, vowels in the body (vocal improvisation, kirtan, om choir...)

12: 15 to 1 - Lunch

1 to 2: 30 - Practice of sound healing (anatomy and physiology of the body and how to apply sonic tools on the body and in the vibratory field)

2: 30 to 4 - Nada yoga : kosha and vibrational body, and deep listening

4: 15 to 5: 30 - Closing activity and integration

*Full schedule available upon request

After the program, you can expect to have :

- A comprehensive understanding of Nada yoga and how it can transform your current yoga practice
- The experience of embodiment and feeling the vibrational body
- A clearer consciousness of your inner and outer worlds
- A better understanding of the energetic and physical anatomy of the human body
- Tools to develop your intuition and awake your inner guidance
- Specific scientific knowledge to ground your practice
- The experience of what it is like to have a free voice and tools to work with, in your personal and teaching practices



Andreeanne Laframboise

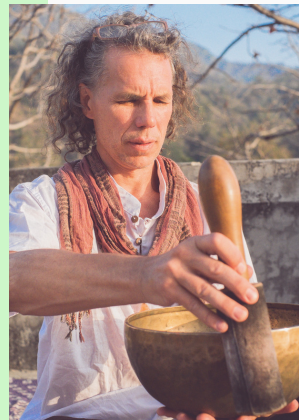
As an avid singer and voice teacher for the last 15 years, Andreeanne Laframboise first trained her voice in Western Classical Music and Opera and obtained a bachelor's degree at the University of Montreal.

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, Andreeanne 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. For more info: www.ayurnaada.com

Trainings

- Nada Yoga teacher training, Nada Yoga School, Rishikesh
- 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
- Classical Vocal and Opera, Montreal




Joseph Schmidlin

Joseph Schmidlin is a classical Osteopath with over 25 years of training, teaching and practice in the field of energy medicine. Known for his "healing touch", his practice and teaching are grounded in the principle that each person, like the natural world, is a whole, self-correcting entity, with each part affecting every other as well as contributing to the integrity of the whole. His osteopathic practice encompasses Traditional Chinese Medicine, Ayurveda, Zero Balancing, Lymphatic Drainage, Visceral Manipulation, Massage Therapy, Cranial-sacral technique, Sonic Vibrational Medicine and Nada yoga. Joseph frequently leads sound baths and meditations and enjoys teaching and sharing his years of practical and clinical experience with students and teachers.

Joseph began his journey of World medicine, bodywork and yoga in the mid 80's he spent 5 years mentoring in world medicine with Sonam Targee, Then received a massage degree and continued for 10 years studying energy medicine with the American osteopaths this lead him to the Canadian academy of Osteopathy where he received his Osteopathic training. With a personal interest as a musician and how music and sound heal the bodymind he began to integrate sound healing into his practice. He studied and trained in NYC at the Sound music institute. For over a decade now he has been studying classical indian music and Nada Yoga with several indian masters. He has been teaching energy medicine since 2000. For more info: www.jschmidlin.com

Trainings

- Nada Yoga teacher training, Nada Yoga School, Rishikesh
- Yoga of the voice certification Silvia Nakkach
- Mentorship teaching assistant w/ Dr. Beaulieu
- Classical indian music w/ Ustad Irshad Khan and Lakshmi Santra
- Sound music institute in NYC
- Canadian academy of osteopathy
- Upledger institute, energy medicine studies
- Ayurvedic medicine apprenticeship, Sonam Targee
- Traditional chinese medicine apprenticeship, Sonam Targee
- Finger lakes school of massage

A man and a woman are standing on a rocky riverbed. The woman is on the left, wearing a light blue sleeveless top and a long black skirt. The man is on the right, wearing a grey short-sleeved shirt and khaki pants. They are both looking towards the camera. The riverbed is covered with smooth, light-colored stones of various sizes. Shallow water flows between the rocks, reflecting the sunlight. In the background, there are larger, darker rocks and some greenery on a hillside.

CONTACT US TO RESERVE YOUR DATES

European Tour 2017

From October 20 to November 28

Upcoming Dates for Asia and Pacific region

Winter and Spring 2018

North America Dates

Summer 2018

A close-up view of the riverbed, showing numerous smooth, light-colored stones of various sizes partially submerged in shallow, clear water. The water reflects the sunlight, creating a shimmering effect.

Andréanne Laframboise
alaframboise1@gmail.com
ayurnaada.com

Joseph Schmidlin
josephschmidlin@yahoo.com
jschmidlin.com