

DR. ROBERT SVOBODA

**OFFERS A LONDON WEEKEND WORKSHOP ON
VĀC**

20-21 MAY 2017 10AM - 4PM

Communication began shortly after the dawn of life, and has characterized all forms of existence ever since. All living beings communicate, and though we of today may pride ourselves on our admittedly impressive technological advancement in the speedy transmission and reception of voice, text and images, there is far more to the exchange of information than can be encapsulated in legible words and intelligible sounds. This weekend will explore in theory and in practice how prana expresses itself as sound and speech – nada, shabda, sphota – on multiple levels – vaikhari, madhyama, pashyanti, para – and how we can enliven these within us as manifestations of Vāc, the Goddess of Language.

ST MARY'S BROOKFIELD, YORK RISE, LONDON, NW5 1SB, UK

NATASHA NANDINI WILL ASSIST WITH LIGHT YOGA AND SOUND

ALL ENQUIRIES: NATASHA@GANDHARVAYOGA.COM +447946 399 211

TOTAL COST: £180 GBP EARLY BIRD £160 IN FULL BY 1 FEB 2017