

## **A. DETAILED COURSE DESCRIPTION**

Yoga invites us to slow and deepen the breath, and guides us in coordinating breath with movement. When we add sound we intensify the healing & integrating effects of breath in the body. Sound can deepen our connection to what we feel and where we feel it, and release chronic tension at deeper levels. Sound can be used to calm and soothe or energize the nervous system.

Yoga invites awareness, compassion, presence, and acceptance, supporting us to “tune in” and be with whatever is without judgment. Yoga and sound practices can help foster clearer thinking, emotional equilibrium, a greater sense of peace and well-being, and more balance, flow and ease navigating in the world. Yoga nurtures internal processes and a sense of feeling at home in your body while fostering a sense of community and belonging, greater empathy that deepens interpersonal communication.

This course provides introductions to both yoga and to the healing science of sound. While learning basic alignment principles and core poses of yoga, students will experience first-hand yoga’s physical health benefits (improving balance, strength and flexibility), as well as its healing and transformative potential, and its ability to integrate mind-body-spirit. We will also investigate and experience the physical properties, physiological effects, and integrative possibilities of sound/music, from principles of entrainment and resonance to the neurobiology of healing. Through the yoga of sound we experience the effects of vibration and various frequencies on different parts of brain and energy centers (chakras) in the body. Yoga and sound can help release trauma which is stored in the physiology from areas of the body.

Each class begins with an hour-long yoga and sound practice, employing various breath (pranayama), sound (mantra), movement (asana), and hand gesture (mudra) sequences. This is followed by a half hour of journaling and creative reflection. In the final hour we discuss the readings/listening/videos for the week, engaging interviews with impassioned creative artists and brilliant scientists sharing their own inspirational healing journeys and life’s work.

## **B. STUDENT LEARNING OBJECTIVES**

1. To experience and understand the healing benefits of yoga and sound on mind, body, and spirit.
2. To increase your capacity to “tune in” more deeply to your own internal landscape and be present with whatever you find
3. To increase your capacity for self-compassion and empathy for others
4. To develop a creative personal practice custom-suited for your needs (make sure it works and is manageable for *you*)
5. To grasp the basic alignment principles & core poses of yoga along with the fundamental concepts, techniques & properties of sound healing

**C. OUTLINE OF TOPICS (includes core readings)**

Healing at the Speed of Sound: Science of Healing; Science of Sound

VIDEOS: *The Music Instinct: Science & Song*; *The Living Matrix: The New Science of Healing*; *The Biology of Belief*; Reading/Listening: Interviews w/ Alex Theory & Joshua Leeds

Entrainment and Resonance: Entraining Brain & Body through Breath & Sound

Reading/Listening: Jeffrey Thompson, David Ison Interviews

Music Medicine : The Science & Spirit of Healing Yourself with Sound

Reading/Listening: Christine Stevens Interview, *Music Medicine* excerpts

Toning & Tuning the Chakras; Lifeforce Yoga Chakra Clearing with Mantras, Mudras & Breath Practices; Reading/Listening: Jonathan Goldman; Amy Weintraub

Naked Voice, Singing Field: Presence, Embodiment, Sound & Silence;

Reading/Listening: Chloe Goodchild Interview

Free Your Voice: Awaken to Life Through Singing

Reading/Listening: Silvia Nakkach Interview

Vocal Yoga: The Joy of Breathing, Singing, Sounding

Listening/Reading: Heather Lyle

The Yoga of Sound: Healing through Sacred Practice of Mantra

VIDEO: *Sound Yoga/Nada Yoga: Healing Power of Sacred Sound* (Shanti Shivani)

Reading/Listening: Russill Paul

Yoga of the Voice: Mantras, Chanting, Kirtan

Reading/Listening: Interviews w/ Deva Premal, Jai Uttal

Healing Mantras in Kundalini Yoga

Reading/Listening: Interview w/ Snatam Kaur

Vibrational Sound Healing: Singing Bowls, Tuning Forks, Gongs

Reading/Listening: Beaulieu, McKusick, Gerber, Jensen & de Ruiter

Healing Flutes

Reading/Listening: DeMaria Interview

Healing Power of Drums & Drumming

Reading/Listening: Christine Stevens; Craig Kohland of *Shaman's Dream*

**D. READINGS & AUDIO/VIDEO RECORDINGS [required + additional resources]**

- Aldridge, David, ed. *Music therapy and neurological rehabilitation: performing health*. London: Jessica Kingsley Publishers, 2005. [ML3920 .M89763 2005, 5<sup>th</sup> floor]
- Arem, Kimba and Andrew Weil. *Self-Healing with Sound and Music*. Boulder: Sounds True, 2004. [1 CD music+1 CD talking/demo]
- Ashley-Farrand, Thomas. *Healing Mantras: Using Sound Affirmations for Personal Power, Creativity, and Healing*. Wellspring/Ballantine, 1999.
- Beaulieu, John. *Human Tuning: Sound Healing with Tuning Forks*, BioSonic Enterprises, 2010.
- Beaulieu, John. *Music And Sound In The Healing Arts*. Barrytown/Station Hill, 1995.
- Campbell, Don and Alex Doman. *Healing At The Speed Of Sound: How What We Hear Transforms Our Brains And Our Lives; From Music To Silence And Everything In Between*. New York: Hudson Street Press, 2011. [foreword by Julia Cameron].
- Carol, Shawna. *The Way of Song: A Guide to Freeing the Voice & Sounding the Spirit*. St. Martin's Press, 2003.
- Danielou, Alain. *Music and the power of sound : the influence of tuning and interval on consciousness / 1995*. [781.22 D185M1995, Dewey Books, Basement]
- DeMaria, Michael Brant. "In the Flow," *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2011 (June 7).
- DeMaria, Michael Bryant. "The Source of Peace," in N. Crane, ed. *27 Experts Show You How to Live Life to the Fullest*. The Panacea Community, 2013: 141-50.
- Drucker, Karen. *Let Go of the Shore: Stories and Songs that Set the Spirit Free*. Camarillo, CA: DeVorss, 2010.
- Frawley, David. *Mantra Yoga and Primal Sound: Secret of Seed (Bija) Mantras*. Lotus Press, 2010.
- Gardner, Kay. *Sounding the Inner Landscape: Music As Medicine*. Stonington, ME: Caduceus, 1990.
- Gaynor, Mitchell. *The Healing Power of Sound: Recovery from Life-Threatening Illness Using Sound, Voice, and Music*. Shambhala, 2002.
- Gerber, Richard. *Exploring Vibrational Medicine*. Sounds True, 2005.
- Goldman, Jonathan. *Healing Sounds: The Power of Harmonics*. Healing Arts, 2002.
- Goldman, Jonahan and Andi Goldman. *Chakra Frequencies: Tantra of Sound*. Destiny Books; New Edition of *Tantra of Sound*, 2011.
- Goldman, Jonathan. *The Divine Name: The Sound That Can Change the World*. Hay House; Pap/Com edition, 2010.
- Goodchild, Chloe. "Sounding Your Soul: Liberating the Spirit of Your Voice," in N. Crane, ed. *27 Experts Show You How to Live Life to the Fullest*. Panacea Community, 2013: 35-41.
- Goodchild, Chloe. *The Naked Voice: Transforming Our Lives Through The Power Of Sound*. <http://thenakedvoice.com>
- Goodchild, Chloe. "Who Is Singing?" *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2012 (February 28).
- Halpern, Steven with Louis Savary. *Sound Health: The Music and Sounds That Make Us Whole*. San Francisco: Harper & Row, 1985.
- Hersey, Baird. *The Practice of Nada Yoga: Meditation on the Inner Sacred Sound*. Inner Traditions, 2013.

UHON 351 COURSE PROPOSAL: YOGA AND SOUND HEALING (Maria Johnson)

- Ison, David. "Discovering the Musical Body," *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2010 (August 3).
- Ison, David. *The Chakra Sound System: Activate Your Fullest Potential through the Essential Power of Music*. Sounds True, 2012.
- Jensen, Eva Rudy and Dick de Ruiter. *Singing Bowl Handbook: Singing Bowls, Tingshaws, Bell, Dorje*. Binkey Kok, 2011
- Jeny, Hans. *Cymatics: A Study of Wave Phenomena & Vibration*. Macromedia; 3rd edition, 2001.
- Kohland, Craig. "Shaman's Dream: Music to Love the World Awake," *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2010 (July 13).
- Leeds, Joshua. *Sonic Alchemy: Conversations with Leading Sound Practitioners*. San Rafael, InnerSong, 1997.
- Leeds, Joshua. "Sound As A Nutrient," *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2011 (July 19).
- Leeds, Joshua. *The Power of Sound: How to Be Healthy and Productive Using Music and Sound*. 2<sup>nd</sup> edition. Healing Arts Press, 2010.
- Lyle, Heather. *Vocal Yoga: The Joy of Breathing, Singing & Sounding*. Bluecat Music, 2014.
- McKusick, Eileen. *Tuning the Human Biofield: Healing with Vibrational Sound Therapy*. Healing Arts Press, 2014.
- Meadows, Anthony, ed. *Developments in Music Therapy Practice: Case Study Perspectives*. Gilsum, NH: Barcelona, 2011.
- Muynck, Marjorie de. *Sound Healing: Vibrational Healing with Ohm Tuning Forks*. Boulder: Sounds True: 2013.
- Nagler, Joseph C. and Mathew Lee. *On Music And Health: A Proven Way To Help You Integrate Mind, Body, And Spirit*. Brooklyn: Elementary Media, 1999.
- Nakkach, Silvia and Valerie Carpenter. *Free Your Voice: Awaken To Life Through Singing*. Boulder: Sounds True, 2012.
- Nakkach, Silvia. "The Secret Sound," *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2012 (July 9).
- Paul, Russill. *The Yoga Of Sound: Healing And Enlightenment Through The Sacred Practice Of Mantra*. Novato: New World Library, 2004.
- Premal, Deva. "The Devotional Heart of Deva Premal," *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2010 (May 18).
- Rickard, Nikki S. & Katrina McFerran, eds. *Lifelong engagement with music : benefits for mental health and well-being*. Hauppauge, N.Y.: Nova Science, c2012. [ML3920 .L6935 2012, 5<sup>th</sup> floor]
- Shivani, Shantu. *Sound Yoga/Nada Yoga: The Healing Power of Sacred Sound*. Sacred Mysteries, 2004. [DVD]
- Sivananda, Swami. *Tantra Yoga, Nada Yoga and Kriya Yoga*. 8<sup>th</sup> ed. Divine Life Society, 2011.
- Sound Healing: Music Designed for Inner Balance and Well Being*. [compilation] Boulder: Sounds True, 2012.
- The Sound Healing Collection: Six Healing Music Sessions by Nakkach, Thompson, Nagler, Halpern, Isson, Life in Balance*. Boulder: Sounds True, 2011.
- Stevens, Christine. *Music Medicine: The Science And Spirit Of Healing Yourself With Sound*. Boulder: Sounds True, 2012.

## UHON 351 COURSE PROPOSAL: YOGA AND SOUND HEALING (Maria Johnson)

Stevens, Christine. "Being Music," *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2012 (June 12).

Stevens, Christine. *The Healing Drum Kit: Drumming for Personal Wellness & Creative Expression*. Sounds True, 2005.

Theory, Alex. "Full Spectrum Sound Healing," *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2010 (June 8).

Thompson, Jeffery. "Brainwave Entrainment," *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2012 (January 31).

Uttal, Jai. "Chanting as a Heart-path to God," *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2010 (November 30).

Weintraub, Amy. *Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga*. Broadway Books, 2004.

Weintraub, Amy. *Yoga Skills for Therapists: Effective Practices for Mood Management*. WW Norton, 2012.

### **E. LEARNING EXPERIENCES, PROJECTS, ASSIGNMENTS**

#### *Creative Journal (150 pts)*

Your journal is a place to 1) reflect on your experience of the weekly yoga and sound practices 2) document your experimentation with relevant creative practices outside of class, 3) respond to the readings/listening/videos, and 4) gather source materials & develop ideas for your individual project. You are expected to 1) make entries each WEEK, 2) periodically share selections with me & the class, and 3) submit the journal at the end of the semester.

#### *Individual Projects (150 pts)*

Custom-designed & developed around your unique background, interests, passions & goals, the special project is a **semester-long** process of creative experiential & scholarly exploration, a piece of which will be shared both orally & in "written" form with the class and instructor. Innovative topics, interdisciplinary approaches, engaged/participatory & multiple/mixed media formats are welcome & encouraged.

#### *Attendance/Participation (150 pts)*

Commitment to Regular Attendance & Participation Required! The class is designed to be experiential & interactive and your attendance & participation are important to the success of the class.

\*Each class begins with an hour-long yoga + sound practice [described in section A.]

**F. HOW THE COURSE PROVIDES A UNIQUE HONORS EXPERIENCE**

As detailed above, this course challenges the student not only to think (and experience) across disciplinary divides but also to integrate the creative and the scholarly, the embodied practices of yoga and sound with the scientific principles and concepts behind them. Students learn both through “hands-on” embodied experience (the experiential) and from inspirational creative artist-scientists sharing their own healing journeys and life’s work.