

## UHON 351 – Yoga and Sound Healing – Fall 2022

Prof.: Maria V. Johnson, Ph.D., RYT-200, LFYP-1

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Off. Hrs: M 2-5p, TTh 3-4:30p, by appt. (215 Old Baptist Foundation)

Class Meetings: Mon. 11:20a-1:50p (116 Altgeld)

### 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, stored in the physiology, from areas of the body.

We typically begin each class with an hour+ yoga and sound practice including breath (pranayama), sound (mantra), movement (asana), and gesture (mudra) followed by a period for individual journaling and reflection. The final hour will include discussion of readings/listening/videos and sharing insights/reflections related to your practice and projects.

### OBJECTIVES

1. To experience & understand the healing benefits of yoga and sound on mind, body & 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 yoga-sound practice custom-suited for your needs
5. To grasp the basic alignment principles & core poses of yoga along with the fundamental concepts, techniques & properties of sound healing

### MATERIALS

Schaeffer, Rachel. *Yoga for Your Spiritual Muscles: A Complete Yoga Program to Strengthen Body and Spirit* (Quest, 1998). ISBN-10: 0835607631; ISBN-13: 978-0835607636  
Yoga mat, 2 blocks, blanket, strap.

Additional required weekly reading/listening includes interviews with sound healers from Sounds True's *Insights at the Edge* series and The Shift Network's *Sound Healing Summit 2020* (audio & written transcripts available on D2L).

ASSIGNMENTS/GRADING [\*Note: All assignments will be exchanged electronically via D2L.]

*Journal (100 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. I will provide weekly prompts inspired by the week's reading/practice to guide your reflection/response.

*Weekly Reading/Listening Questions (100 pts)*

Each week you will upload to D2L responses to questions I post pertaining to the weekly interviews/readings.

*Individual Projects [presentations/papers] (100 pts)*

Custom-designed & developed around your unique background, interests, passions & goals, the special project is a **semester-long** process of creative experiential & scholarly exploration RE: yoga/sound healing which will be shared at the end of the semester both orally over zoom & in "written" form on D2L with the class and instructor. Innovative topics, interdisciplinary approaches, engaged/participatory & multiple/mixed media formats are welcome & encouraged.

*Attendance/In-class practice/participation (150 pts)*

This class is highly experiential & interactive. Regular Attendance & Participation is essential!

Your grade will be based on 450 possible points, distributed as follows:

100 Journal [includes your responses to weekly practice prompts]

100 Weekly Reading/Listening Questions

100 Individual Projects [presentations/papers]

150 Attendance/In-class practice/participation

450 TOTAL POINTS (403-450=A; 358-402=B; 313-357=C; 268-312=D; 0-267=F)

OUTLINE OF TOPICS & ASSIGNMENTS [\*Note: subject to change]

[ST= Sounds True; SHS= Sound Healing Summit]

week 1 (8/22)            Intro to class; introductions; 1<sup>st</sup> practice

week 2 (8/29)            Intro to Yoga & Sound Healing; *Full Spectrum Sound Healing*  
Reading/Listening; Schaeffer Intro; Alex Theory (ST)

Week 3 (9/5)	<i>Labor Day Holiday – NO CLASS!!</i>
Week 4 (9/12)	Yoga for Awareness; <i>Sound As a Nutrient</i> <u>Reading/Listening:</u> Schaeffer <i>Awareness</i> ; Joshua Leeds (ST)
Week 5 (9/19)	Yoga for Acceptance; <i>Brainwave Entrainment</i> <u>Reading/Listening:</u> Schaeffer <i>Acceptance</i> ; Jeffrey Thompson (ST)
Week 6 (9/26)	Yoga for Focus; <i>Discovering the Musical Body</i> <u>Reading/Listening:</u> Schaeffer <i>Focus</i> ; David Ison (ST)
Week 7 (10/3)	Yoga for Balance; LifeForce Yoga: Toning the Chakras. <u>Reading:</u> Schaeffer <i>Balance</i> ; Kress/Weintraub; <u>Listening:</u> Weintraub LFYCCM CD
Week 8 (10/10)	Yoga for Flexibility & Flow; Healing Flutes: <i>In the Flow</i> <u>Reading/Listening:</u> Schaeffer <i>Flexibility</i> ; Michael DeMaria (ST)
Week 9 (10/17)	Yoga for Confidence; <i>Free Your Voice: Awaken to Life through Singing</i> <u>Reading/Listening:</u> Schaeffer <i>Confidence</i> ; Silvia Nakkach (ST)
Week 10 (10/24)	Yoga for Peace; Good Vibrations: Singing Bowls, Tuning Forks, Gongs. <u>Reading/Listening:</u> Schaeffer <i>Peace</i> ; Rudis (SHS), Glass (SHS), McKusick (SHS)
Week 11 (10/31)	Yoga for Strength; The Power of Drums & Drumming <u>Reading/ Listening:</u> Schaeffer <i>Strength</i> ; Jeff Strong (ST), Christine Stevens (SHS)
Week 12 (11/7)	Yoga for Compassion; <i>Devotional Heart of Mantra</i> <u>Reading/Listening:</u> Schaeffer <i>Compassion</i> ; Deva Premal (ST)
Week 13 (11/14)	Yoga for Energy; <i>By Thy Grace: Healing Mantras in Kundalini Yoga</i> <u>Reading/Listening:</u> Schaeffer <i>Energy</i> ; Snam Kaur (ST)
11/21	<i>Thanksgiving Break – NO CLASS!!</i>
Week 14 (11/28)	Yoga for Playfulness; <i>Who is Singing? Awakening Through Sound</i> <u>Reading/Listening:</u> Schaeffer <i>Playfulness</i> ; Chloe Goodchild (ST)
Week 15 (12/5)	Yoga for Connectedness; The Joy of Breathing, Singing, Sounding <u>Reading/Listening:</u> Schaeffer <i>Connectedness</i> ; Frederick Johnson (SHS); JOURNALS DUE
FINAL EXAM	Student Presentations; PROJECTS DUE

**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.
- Auster, Sara. *Sound Bath: Meditate, Heal and Connect through Listening*. Tiller, 2019.
- 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.
- Donovan, Jim. *Saved by Sound: one musician's story of illness and the healing sounds that saved him*.
- 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.
- Goldman, Jonathan. *Healing Sounds: The Power of Harmonics*. Healing Arts, 2002.
- Goldman, Jonathan 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.

- 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.
- Kaminoff, Leslie & Amy Matthews. *Yoga Anatomy* [2<sup>nd</sup> edition]. Human Kinetics, 2012.
- Kaur, Snam. "By Thy Grace," *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2013 (January 22).
- 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).
- Kress, Rose. *Awakening Your Inner Radiance with LifeForce Yoga: Strategies for Coping with Stress, Depression, Anxiety, & Trauma*. Self-published, 2020.
- Lasater, Judith Hanson. *Yogabody: Anatomy, Kinesiology, and Asana*. Berkeley: Rodmell, 2009.
- 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 Arts, 2014.
- Meadows, Anthony, ed. *Developments in Music Therapy Practice: Case Study Perspectives*. Gilsum, NH: Barcelona, 2011.
- Mesko, Sabrina. *Healing Mudras: Yoga for Your Hands*. Ballantine, 2000.
- 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.
- Perry, Frank. *Himalayan Sound Revelations: The Complete Singing Bowl Book* [2<sup>nd</sup> edition]. Polair, 2018.
- 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.
- 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 CD] Boulder: Sounds True, 2012.
- The Sound Healing Collection: Six Healing Music Sessions* by Nakkach, Thompson, Nagler, Halpern, Ison, *Life in Balance*. Boulder: Sounds True, 2011.
- Stevens, Christine. *Music Medicine: The Science And Spirit Of Healing Yourself With Sound*. Boulder: Sounds True, 2012.
- 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.
- Strong, Jeff. "Drum Healing," *Insights at the Edge: Interviews with Tami Simon*. Boulder: Sounds True, 2017 (July 11).
- 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.