



NADA YOGA IN THE HIMALAYAS! MAY, 28th -31st 2011

Nada Centre for Music Therapy, Chennai (Regd)
(www.nada.in)

Welcome all the adventurous spirits and those who believe in music to come together to participate in an unique open-air workshop on Nada Yoga, to be held in the Upper Reaches of the Himalayas for four days between the 28th and 31st May, 2011.

What is Nada Yoga?

Nada Yoga is an ancient system, which took shape along with development of ideas relating to consciousness. It is a secular system, focused on the art and science of 'nada', the sound intonation which is believed to be the very basis for the entire Cosmos! The ideas and avenues of this 5000-year old system are still relevant to the suffering humanity, as more and more modern researchers, especially in the scientific areas of physics, neurology, psychology and music therapy are coming forward with their findings which seem to go towards those of yesteryears!

In this proposed retreat, we do expect many a distinguished musician, yogi, music therapist, psychologist, neurologist, medical professional etc attending this workshop and with this joint-exploration, we are hopeful of developing a sound idea on sound healing, with the Co-coordinator of this Workshop, Dr T. V. Sairam, President of the Centre, who is also an international author on an assortment of subjects, which include yoga and musicology.



Where is the Venue?

The Retreat will take place in the idyllic open-air with mountainous landscape in the Upper reaches of the Garhwal Himalayas. Exact venue of meeting-point will be announced well before the workshop date through email to all the Participants.

How much is the Participation Fee?

Retreat Fee: INR 5000 (All foreign delegates are requested to send money Cheque/DD only in Indian Rupees and NOT in any other form of Currency, payable at Chennai to NADA CENTRE FOR MUSIC THERAPY, CHENNAI. (The Fee is charged for training logistics, for simple, vegetarian meals and shared accommodation for all the four days. All other charges such as travel to the Upper Reaches of the Himalayas, medicine, personal expenses etc are NOT included. Participants will pay for independent accommodation during the retreat, transports, medical expenses (if any) etc from their pocket. The Participants who reach the Himalayan venue earlier than 26th and who wish to stay beyond the 31st May 2011 will foot all their lodging and food expenses from their pocket for those days other than those notified .

Only Medically Fit People are Welcome!

People who are not physically fit and who suffer from serious diseases and who cannot withstand the high altitudes or cold weather may kindly refrain from attending this Resort.

How about Children?

Children will be allowed only with their accompanying Parent(s), who are the Registered Participants for this treat. All the participants are requested to carry with them all their personal effects, toiletries, medicines, nutritional supplements etc in adequate quantity. They will also bring along with them a more recent Fitness Certificate from a Civil Surgeon or a Registered Medical Practitioner to undertake this Retreat in High Altitude. The Participants should also ensure that they are adequately insured, before undertaking this Himalayan Safari.

To whom the Fee to be sent ?

Cheque/DD to be sent by courier to, indicating name, complete address, telephones, contact details in the case of emergency etc to :

Mr. G R Ramabhadran
97-98, Jaycee Apartments,
MGR Road, Hindu Colony,
Nanganallur
Chennai 600061
India Mobile: 9940225305 & 9840466735
grrbhadran@gmail.com

Note: Please leave behind all your Urban tastes, styles and taboos and come enjoy the Simplicity, very close to Nature! Be ready to welcome Simple Living and High Thinking in the Sylvan surroundings, before packing your haversack!

For any further details:

Please email to: mtconference@gmail.com or call: 9891184950 (Dr Sairam at New Delhi)