AUSTRALIAN DIDGERIDOO WORKSHOP

A YOGA OF BREATH AND SOUND

During this interactive presentation, Australian sound therapist Phil Jones will teach you how to play the didgeridoo, an ancient and sacred Australian Aboriginal wind instrument made from the eucalyptus tree, hollowed out by white ants, and decorated with symbolic Dreamtime art. Playing the didgeridoo is an entertaining way to explore the power of breath and sound and increase your lung capacity with healing and revitalizing oxygen…Shallow breathers, asthmatics, and smokers particularly benefit. You will discover how simple deep breathing exercises, when combined with the mesmerizing primordial sound of the didgeridoo, will effectively:

-BALANCE, HARMONIZE, AND RECHARGE YOUR BODY, MIND, AND SOUL

-ERASE 'THOUGHT CLUTTER' AND ENHANCE OBJECTIVITY, INSIGHT, AND CLARITY

-ENABLE YOU TO AUTHENTICALLY EXPRESS AND CONNECT WITH YOUR CREATIVE AND INTUITIVE SELF

Phil will also share the traditional Aboriginal techniques of "Circular/Continuous Breathing" and "Australian Bush" sound effects

AUTHENTIC AUSTRALIAN DIDGERIDOOS, HANDCRAFTED BY THE ABORIGINAL CLANS, WILL BE AVAILABLE FOR PURCHASE

Australian sound therapist Phil Jones, a professional recording artist for the past 35 years, spent seven years studying bhakta yoga with a Hindu saint (Swami Ambikananda) in London, England. Highly inspired by his teacher's message, Phil pioneered the merging of sacred East Indian mantras into a Western musical context during the 1960's and 1970's with his English band Quintessence (Island Records/RCA). Currently, Phil travels extensively across the United States presenting 'Yoga of Breath and Sound' workshops at hospitals, universities, colleges, churches, yoga and wellness centers. Phil has been a guest on numerous radio programs (Sightings, NPR, etc…) and television shows (The Wisdom Channel, ABC, FOX, CBS, NBC, etc…), and is featured performing and teaching the didgeridoo on the IMAX DVD: "Sydney-A Story Of A City".

> ***"Sound waves have the ability to interact with the body, mind and spirit to trigger our healing mechanisms and profoundly improve our physical, mental and spiritual states. Sound, like other vibrational fields, can do this because it influences the energy of the body."***
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> **- Dr. Deepak Chopra**
> **Best-Selling Author of Mind-Body**

LOCATION: Green Yoga House **DATE:** Friday, June 27, 2008

TIME: 7:30 - 9:30 p.m. **ADMISSION:** $25 **CONTACT:** Lily Hou