

Yoga of Sound

for YOGA TEACHERS and STUDENTS OF LIFE!



Joseph Schmidlin DOmt, LMT

Joseph is a classical osteopathic physician and clinical sound researcher with over 30 years of teaching and practice in the field of energy medicine, including traditional Eastern Asian medicine and Ayurveda. He utilizes Sonic vibrational medicine and Nāda Yoga in his teaching and clinical practice. He frequently leads workshops, retreats, sound immersions and meditations around the world.

**Thursday \$30
Weekend \$195
One day \$108**

JOSEPH SCHMIDLIN

SOUND IMMERSION Thursday, July 28 7pm-9:30pm

THE HARMONIC SPINE Sat & Sun, July 30-31 9:30am-4pm

In the sound immersion, you are taking a bath of sound. You will travel in a shamanic Journey. Listening with your whole body as a giant ear. Everybody is welcome...

The Harmonic Spine is an ever evolving journey into the physiology and psychology of the human experience. It looks at qualitative and quantitative data of the human organism in its environment.

In this workshop we will experience our spine as an instrument of awareness with a fully integrative role in the transmission and reception of conscious awareness. We will be working with the primary mid line and tuning our bodies utilizing the practices of deep listening and Nāda yoga.

The participant will take away a deeper anatomical and energetic awareness of the body and learn practices that can help themselves and their students or clients to connect with the primal metabolic healing forces.



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Please, pre-register online @ www.openskyyoga.com to reserve your space.