



**YOGIS & YOGINIS**

# **Sound Meditation**

**Thursday, February 2<sup>nd</sup> - 7:15 to 9:00 PM**

**Cost: \$ 35 in advance - \$ 40 day of**

Sound Meditation is the practice of using intentional sound and music to help access expanded states of consciousness. It is a contemporary modality with ancient roots, integrating western psychoacoustic science and eastern wisdom in a meditative setting. The practice is supported by a suite of overtone-rich instruments like symphonic gongs, antique singing bowls, and monochords.

The judicious and equanimous observation of these conscious sounds is a powerful tool to disengage from discursive thought and experience a state of wordless transcendence. It is suitable for beginner and experienced meditators alike, as the sound facilitates an easeful dropping in without the need of a complex intellectual technique.

We will begin with a brief talk before lying down with the support of bolsters and blankets, wearing an eye mask. After which, gentle breathwork and vocalizing will prepare the body and mind to receive and engage with sound.

## **About the Teachers:**

### **YIMING & ADRIAN**

Adrian and Yiming are ever-curious students of the diversity of meditative practices, from yoga to embodied movement to sitting meditation to many more. In this endless journey of cultivating silence and stillness, they found the practice of sound. They are both grateful students of Alexandre Tannous and David Shemesh. They host regular sound meditation and breathwork events in New York.