

Yoga of Sound music therapy system: techniques acting on autonomic nervous system

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The workshop is focused on the analysis and training of ancient oriental Nada Yoga practice (Yoga of Sound), and the comparison with recent research involving the autonomic nervous system, a neuronal system which controls largely unconscious functions such as heart rate, breathing, emotions management and social behavior. It is a polyvagal theory on the mind-body connection, which aims to explain the neurophysiological mechanisms underlying this interaction.

From a practical standpoint the participants will have the opportunity to experience Yoga of Sound music therapy methodology, checking on themselves the main effects and verifying possible areas of application in different contexts (school, disability, psychopathology).

The techniques and exercises proposed, using breathing, voice singing, musical scales, rhythm patterns and consciousness, are intended to produce a state of body and mind calmness, transforming and converting the emotional blockages into vital energy to improve creativity, potentiate the auto immune system, increase intelligence and develop interpersonal communication.

Another important topic will be the analysis of the "personal tonica" – the individual key note – and the "natural rhythm", both aspects being the basis of Yoga of Sound music therapy system.

Concluding, there will be room for questions and discussion.

Keywords: yoga of sound, emotions, autonomic nervous system, breathing, polyvagal theory

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