

# Deeper Studies Program

## THE SINGING BODY The Way of the Goddess



With Daniela Ardalla

This workshop will be offered twice:

Saturday June 7, 11:00-1:00 pm

Friday July 25, 6:00-8:00 pm

\$30 per workshop if registered by the preceding Monday

\$35 at the door

Singing, playing, and listening to devotional Indian music connects us with our spiritual bodies, uplifts our emotions and creates balance. In this introductory workshop, we'll take a journey through vocal exercises in the Bilawal scale, toning, vibration and rhythms, concluding with beautiful traditional songs accompanied with the tamboura and other guest instruments.

Daniela Ardalla, CYT, studied Hindustani music in India and Argentina, where she played for world music bands and co-produced Classical Hindustani music concerts. Over the past 10 years she's been playing tamboura (a traditional Hindustani stringed instrument) and sharing devotional songs from India. Her acoustic music creates a vibrant atmosphere for healing meditation, yoga classes, and personal transformation. Daniela offers community yoga classes at Santa Monica yoga on Sundays. Please check her website at: [www.shamansyoga.com](http://www.shamansyoga.com).

Workshop Policies: Pre-pay at least one week in advance for the lower price. If you cancel more than 24 hours prior to the start of the workshop, you will receive a full refund. With less than 24 hours notice, you will receive a store credit. After the workshop has started, no refunds or credits are issued. For courses which meet more than once (series), restrictions apply to the series as a whole and cancellations must be made prior to the first meeting. No credit or make-ups are given for missed sessions.

1640 Ocean Park Blvd  
Santa Monica, CA 90405  
310.396.4040  
[santamonicyoga.com](http://santamonicyoga.com)

santa monica  
yoga 