

a'ayana

Transforming lives through yoga

SOUND MEDITATION COURSE



WHO ARE WE?

ABOUT AAYANA

Welcome to Aayana Yoga Academy Aayana Yoga Academy is an authentic space for practicing and learning yoga, with locations in Bangalore and Varkala. As a true center for yoga, Aayana is the preferred destination for seasoned teachers and aspiring practitioners. Our postmodern approach, beautifully blending tradition with contemporary insights, makes Aayana uniquely special.

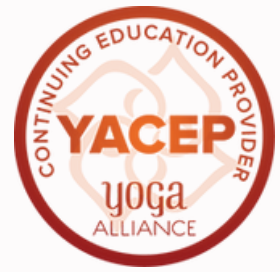
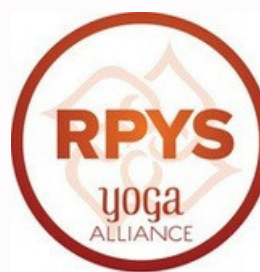
Courses Offered

We offer a variety of group classes and Yoga Teacher Training (YTT) courses at different levels, including:

- 200-Hour YTT 300-Hour
- YTT Yin Yoga
- Prenatal YTTC
- Aerial TTC
- Pranayama and Meditation
- Sound Meditaitoin

Accredited by Yoga Alliance, Aayana is one of the leading institutes in Bangalore. Here, students delve deeply into the transformative practices of Asana, Pranayama, Mudras, Bandhas, and Meditation, fostering a profound connection between body, breath, and mind. At Aayana, our name embodies our mission—Aayana means ‘the right path’ in Sanskrit. This path is all about harmonizing your body, breath, and mind to reveal your most authentic self. Yoga, in its purest form, is a journey toward complete physical, mental, and spiritual well-being, with each practice bringing you closer to that harmony.

One thing we know from experience, post doing a course with us - things will never be the same.



WHY SOUND MEDITATION?

Sound meditation is one of the most ancient and profound tools for inner transformation. The universe itself is vibration—every cell, every thought, every feeling resonates with frequency. When we immerse ourselves in sound, we are aligning with this fundamental truth.

- **Deep Relaxation:** The harmonic vibrations calm the nervous system, reduce stress, and bring the body into a state of deep rest.
- **Emotional Healing:** Sound bypasses the analytical mind and works directly with emotions, helping release stored tension and traumas.
- **Expanded Awareness:** Chanting mantras, listening to gongs, bowls, or vocal toning awakens subtle states of consciousness and heightens inner clarity.
- **Physical Benefits:** The resonance of sound enhances circulation, supports the immune system, and promotes overall vitality.
- **Connection to Self & Universe:** Sound reminds us of our own inner vibration, helping us feel connected to something greater than ourselves.
- **Balancing Energy Centers (Chakras):** Each chakra resonates with specific frequencies. Sound meditation helps clear blockages, restore harmony, and bring the subtle body into balance, allowing energy to flow freely.

COURSE DATE & FEE

DATE: 15-18th November, 2025

12- 15th December, 2025

16- 19th January, 2026

Course Fee: USD 350 (Excluding food and accommodation)

Registration Deposit: USD 100

Balance Payment: The remaining fee is to be paid on the **first day of the course**

ONLINE BANK TRANSFER DETAILS

Aayana Yoga Academy

ICICI Bank, Jayanagar 9th Block

Current Account: 029905500139

IFSC Code: ICIC0000299

Please whatsapp/email transaction details to help us track your payment and mention

‘YourName’ in the transfer description.



DAILY SCHEDULE

Overview

This 4-day intensive training is designed to deepen your understanding and experience of sound as a tool for healing, meditation, and transformation.

Each day integrates theory, practice, and teaching methodology to create a comprehensive learning experience. Time is intentionally given for rest and reflection, so participants can absorb the subtle effects of sound.

Day 1 & Day 2

Time Session Description

9:00 AM – 11:00 AM Theory: Science & Philosophy of Sound

11:00 AM – 11:30 AM Tea Break

11:30 AM – 1:00 PM Theory: Morning Practice: Sound Bath & Experiential Meditation

1:00 PM – 3:00 PM Lunch Break & Rest

3:00 PM – 4:30 PM Techniques: Instruments, Tones & Frequencies

4:45 PM – 5:00 PM Tea Break

5:00 PM – 6:10 PM Guided Practice, Reflection & Sharing Circle

Day 3 & Day 4

Time Session Description

9:00 AM – 10:30 AM Practice: Creating Sound Journeys

10:30 AM – 11:00 AM Tea Break

11:00 AM – 12:00 PM Teaching Practice, Feedback & Closing Ceremony



COURSE OVERVIEW

1. Exploring Advanced States of Matter

- Classical States of Matter: Solid, Liquid, Gas
- Understanding Plasma – The Fourth State
- Introducing Aether – The Fifth State

2. The Electrical Universe Paradigm

- Core Principles of the Electrical Universe Model
- Quantum Theory
- Nada Yoga

3. The Science of Sound

- Defining Sound: Vibration, Frequency, and Wave Physics
- Exploring Resonance, Harmonics, and Overtones
- Applications of Sound in Integrative Healthcare

4. Sound's Interaction with the Human Body

- The Subtle Energy Field (Aura) Explained
- Sound's Role in Chakra Alignment
- Introduction to Cymatics
- Brain wave entrainment

COURSE OVERVIEW

5. Key Sound Healing Instruments

- Himalayan and Crystal Singing Bowls
- Gongs
- Tuning Forks
- Drums
- Chimes

6. Sound Meditation

- Benefits of Sound Meditation in Deeper relaxation, Reducing anxiety, panic attack and depression, Improving Focus and sleep quality, pattern breaking and making.
- Demonstration of Sound Meditation Session
- Hands-On Practice: Conducting Sound Meditation

7. Sound-Based Therapeutic Massage

- Incorporating Himalayan Bowls in Massage Therapy
- Benefits for Physical Relaxation, Energy Flow, and Holistic Healing
- Live Demonstration
- Hands-On Practice: Conducting Sound Massage

8. Suitability and Safety Guidelines

- Who Benefits Most from Sound Therapy
- Situations and Conditions Where It May Be Contraindicated
- Recommended Best Practices and Safety Precautions

Assessment & Certification

TEACHING TEAM

Vignesh Subramanya



I am Vignesh, founder of Dhi Yoga. I am a certified Yoga Teacher, Transpersonal Regression Therapist and Sound Meditation Therapist, dedicated to supporting individuals on their journey toward balance and holistic well-being

With over 15 years of experience as a long-distance cyclist, my journey into yoga began as a way to recover from injuries and improve strength and focus. More than a decade into the practice, yoga has become an integral part of my life, allowing me to continue cycling with resilience and mindfulness.

Yoga has profoundly transformed my life, physically, mentally, and emotionally.

Beyond the mat, I am also a theatre artist, a space where I deeply engage with human emotions and examine the impact of social conditioning on behavior.

In the past I was part of the corporate world, with a cumulative experience of 13 years in the semiconductor industry before transitioning to Yoga and wellness as my mainstream career. Since then I have been regularly teaching Yoga and conducting sound meditation sessions.

At present, I'm expanding my knowledge and deepening my personal practice through pranayama and meditation.



REACH OUT



aayanayoga@gmail.com



+99035424322



www.aayanayoga.com



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