

aṅgāyana

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.

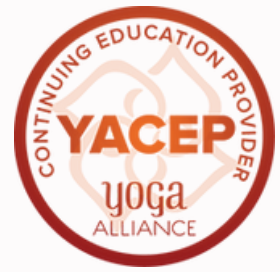
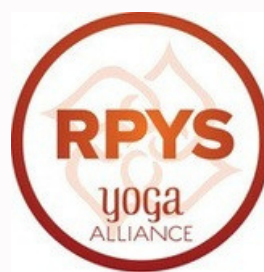
Courses Offered

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: Jan 17- 20, 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.

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

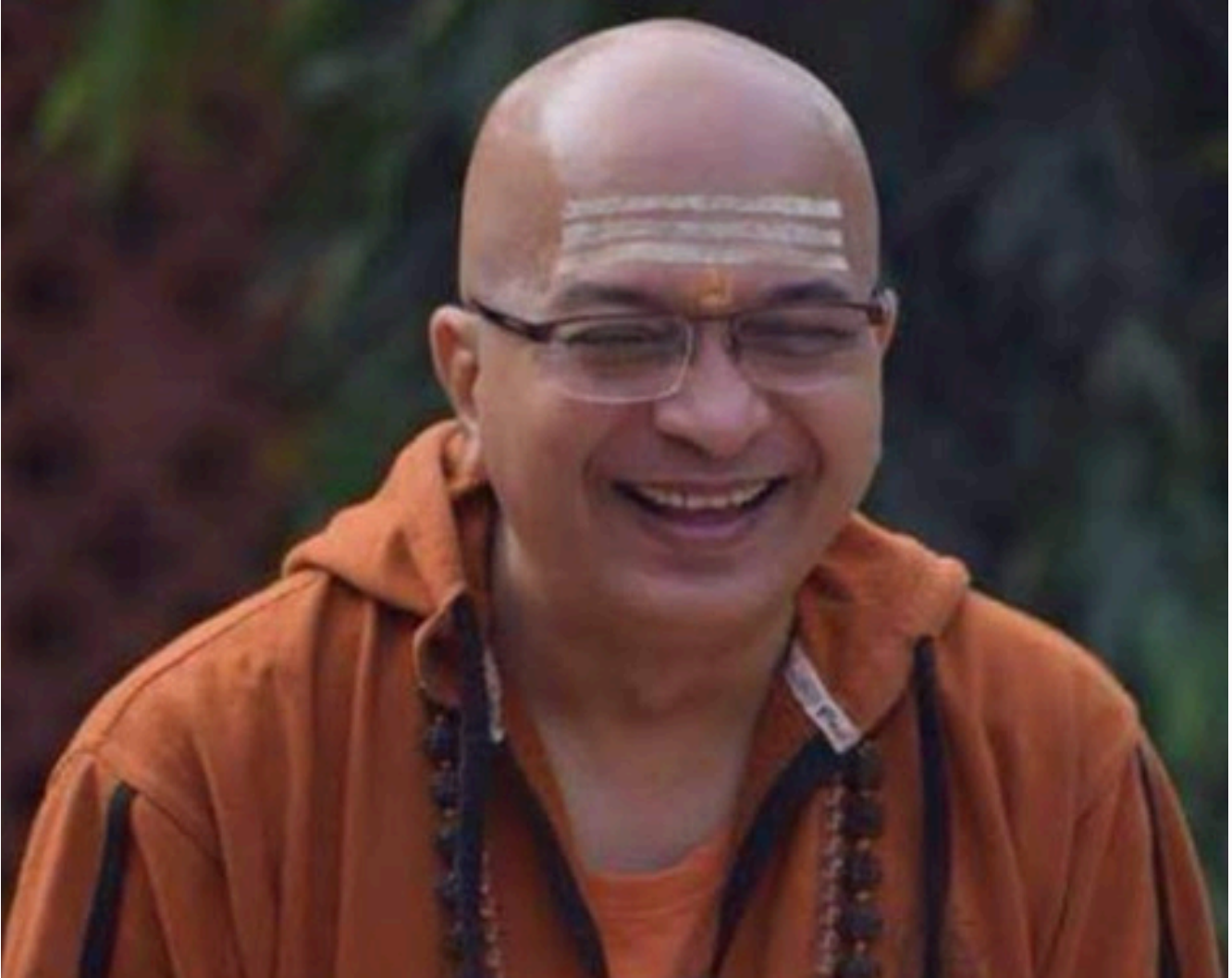
8. Suitability and Safety Guidelines

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

Assessment & Certification

TEACHING TEAM

Swami Taponidhi Saraswati



Initiated into the Dashnami Sannyasa Tradition on 11 January 2004 by Paramahansa Swami Niranjanananda Saraswati, Bihar School of Yoga. Swami Taponidhi Saraswati is a senior sannyasin of the Bihar Yoga lineage with over four decades of learning, research, and yogic sadhana. An engineer by education and a yogi by destiny, he transitioned from a successful career in Marine Engineering and entrepreneurship into a life dedicated wholly to yoga and inner awakening.

TEACHING TEAM

He holds a Master's Degree in Applied Yogic Sciences (Bihar Yoga Bharati) and has spent 15 years in direct training under his Guru at the Bihar School of Yoga, Munger.

Today, as a wandering (parivrajak) sannyasin, he travels extensively across India and abroad, sharing classical yoga in its purest essence—emphasizing awareness, pratyahara, breath mastery, chakra sadhana, and Nada Yoga Nidra with Tibetan singing bowls.

His teaching style is intuitive, deep, and beautifully simplified—helping practitioners internalize awareness, awaken inner intelligence, and transform their relationship with life

Senior Sannyasin – Bihar School of Yoga

Masters in Applied Yogic Sciences

Specializations: Pratyahara, Nada Yoga, Chakra Sadhana, Raja Yoga, Kriya Yoga, Vedantic Studies, Yogic Psychology

Current Work

Swamiji is presently developing and sharing advanced teachings on Nada-Laya Yoga

Yoga of Shiva Consciousness (Kashmir Shaivism)

Kriya Yoga – The Science of Prana & Nada

Gita Darshan – A Yogic Perspective

Yoga Darshan – understanding the vision of the Rishis



REACH OUT



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