

**Event/Workshop:** Open the heart through Sanskrit, Kirtan and Chanting

**Event type:** Interactive, educative, playful, vocal

**Language:** English

**Dates & Timings:** 3 events (each approx. 2 hrs) over the course of a 2-day weekend

1<sup>st</sup> event: Saturday, 12.12.2020, 11.00 – THE JOY OF SANSKRIT

2<sup>nd</sup> event: Saturday, 12.12.2020, 19.00 Uhr – KIRTAN

3<sup>rd</sup> event: Sunday, 13.12.2020, 10.00 Uhr – VEDIC CHANTING

**Teacher:** Gabriella Burnel (.gabriellaburnel.com)

**Social Media:** youtube.com/gaieasanskrit

**Required experience:** No previous experience necessary, in fact the best is to know nothing and simply come with an open heart.



**More details:**

Learn, explore, chant and, most importantly, experience the power of the vibrations of this divine language so that what is expressed in the ancient wisdom can become actualised, realised and understood.

**1<sup>st</sup> event: (INTRODUCTION TO) THE JOY OF SANSKRIT**

This is open to anyone and everyone who would like to hear more about this ancient language that is the mother of most Indo-European languages, incl. Germanic languages. We will explore together the natural sounds of Sanskrit and enjoy a relaxing lie down as you are guided through the sounds and where they connect to different parts of the body. We'll enjoy a Sanskrit sound bath!

## 2nd event: KIRTAN

A beautiful practice of complete surrender to the feeling, surrender to the song, surrender to the chant, surrender to yourself; Kirtan is call and response chanting of Sanskrit songs and mantras, and during this there is a natural falling away of stress and anxiety, allowing you to be free of anything that stops you enjoying yourself. Chanting and singing mantra is merely a tool for the mind. A divine tool but it remains an instrument none the less. The instrument itself is powerless alone, the power lies within the heart, within you. Kirtan awakens the heart!

## 3rd event: VEDIC CHANTING

This beautiful system of chanting in Sanskrit, which goes back 1,000s of years is very precise, rhythmically and metrically, and when you are completely present with yourself, it has a great healing capacity.

We will take 3 simple Vedic mantras:

1. First we will hear them.
2. Second we will sound them
3. Third we will go through their meaning
4. Fourth we will learn them by heart
5. Fifth we will go through a guided meditation so you can experience them in the voice, in the body, in the mind, in the heart, and discover for yourself what happens when you become the mantra.

