



# **Yoga & Sound: Practical Nada Yoga-Theory and Practice with Unique Triad and Chakra Tones for a Magical Effect**

*Dick de Ruiter*

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This book and CD set presents several approaches to sound and yoga. When sound is applied to the practice of yoga, it is called Nada Yoga. Many of the applications presented here have been practiced for centuries in the Far East in places like India and Thailand, while some are more modern.

This specialized form of sound yoga offers many possibilities, such as the harmonization of chakras (energy centers) by singing along with the tones of overtone wizard Dr. Loucas Van den Berg, or just humming together with the healing sounds of singing bowls expert Rainer Tillmann. The accompanying CD allows the user to literally feel sound vibration flow through the body and mind.

Every part of your body has its own special sound vibration. With the CD you can vibrate your whole body, but also separate parts or organs, with the appropriate sound. You will learn special sound applications for healing. You can also use the sounds while practicing yoga postures to enhance the effects.

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