

February Intake

(Mind Sound Resonance Technique)

MSRT Instructor Certification Course

This 40 hours course aims to share ancient scriptures of various lands have emphasized the aspect of Sound as primordial in Creation. "Mind Sound Resonance Technique" harnesses the potential of sound vibrations (Mantra) and the phenomenon of resonance to bring about positive changes in the subconscious and at the body level.

This advance yoga techniques for successful management of personal and work-related Stress. Participant will learn in detail about Mind, Sound, Body & Its Resonance Vibrations (Mantra) multi-dimensional approach to manage stress at the physical, mental, emotional and intellectual levels.

MSRT is based on scientifically proven advance yogic techniques which will allow the practitioner to calm down the mind, cure ailments, take it to a heightened state of awareness and concentration.

What you will learn:

Theory

1. Introduction to MSRT
2. Introduction to Sound & Vibration
3. Stress & Its Releases through Sound
4. Concept of Mantra
5. Expansion of Awareness Via Sound / Mantra
6. Understanding Chakra & its Sound
7. Group Dynamics
8. Application of MSRT
 - a. Corporate (For Stress Management)
 - b. Therapy (For Severe Diseases)
 - c. Education (For Memory Development)
 - d. Personality Development
 - e. Spiritual Development
9. Assignments
10. Theory Exam
11. MSRT Lesson Plan

Practical

1. Asanas (Postures)
2. Pranayama
3. Sound Meditation
4. Relaxation Techniques
5. Concept of Singing Bowl & Vibration
6. Understand Sound / Mantra Points & Its Locations
7. Understand Chakra Awareness & Mantra
8. Sound Vibrations & Visualisation
9. Group Practice
10. Expansion Practice
11. Teaching Technique
12. Practical Evaluation
13. Report Presentation
14. MSRT Starter Kit (Audio, Video & Web Applications)

Why MSRT Certification?

Professionals need sensitivity, brilliance and creativity. But in the process of career advancement one's stress levels rise and this ultimately leads to deteriorating health. Also any activity related to computer leads to Musculoskeletal, Emotional and Visual problems. With MSRT all these issues can be avoided or managed if they occur.

MSRT (Mind Sound Resonance Technique) Program is exclusively developed for those having "work pressure" and "Occupational Stress" in corporate world. The techniques are simple but very much effective if practiced regularly.

- Research based Practical Techniques
- MSRT creates a vibration that represents three states of our ordinary consciousness, viz., waking, dream, and deep sleep.
- Easy to learn & perform Practically (Anyone can do practice no prior yoga practice require))
- Prevention & Management of Asthma, Nasal Allergy, High & Low BP, Ischemic, Heart Disease (IHD), Anxiety Neurosis, Depression, Gastritis, Diabetes, Obesity, Migraine, Rheumatism, Low back pain, Arthritis, Menstrual disorders and many more.
- Get a Global Recognition as Stress Management Trainer
- Better Job opportunity in corporate world around the world
- Value addition for Yoga instructors & must to know for Yoga Therapist

Workshop Details:

Week End Batch

Date: 27 & 28 February

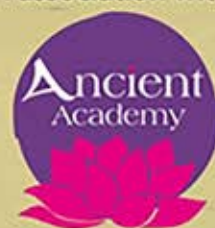
Time: 9.00am to 6.00pm

Venue: Vyasa Yoga Singapore
Civil Service Club #03/05
60 Tessensohn Road,
Singapore 217664

Fees: S\$ 1100 (Guest / Walk-in)

Register Now!
Call 6698 6637
or
email us at:
yoga@saakalya.com

In association with:



Vyasa YOGA
Singapore