

Learn and Teach
the Ancient Science of
Communication

Nád Yoga
Teacher Training



A Journey of 1001 days to the Sacred Power of Shabad Guru

Nád Yoga

Within sound, the seed of everything is carried. The whole creation is said to be poured out of the Word of the Creator. The Bible holds the Word equal to God, Nanak holds His Name as the highest treasure. Ancient sacred scriptures pass down that the faculties of listening and speaking are the most comprehensive and powerful, corresponding to the fifth element of ether, which contains all other elements. The sense of listening is the first one to appear and the last one to disappear within the cycle of birth and death.

Our destiny and well-being are strongly affected by our ability to communicate with each other and in our prayers to the Undying Unknown. **Nád Yoga leads you to the essence of communication.** Understanding beyond intellect, obedience to the higher self, creating abundance of beauty, and healing the wounds of misunderstandings.



ਐਸੀ ਕਿੰਗਰੀ ਵਜਾਇ ਜੋਗੀ ॥
ਜਿਤੁ ਕਿੰਗਰੀ ਅਨਹਦੁ ਵਾਜੈ ਹਰਿ ਸਿਉ ਰਹੈ ਲਿਵਲਾਇ ॥

Play that instrument,
Yogi, which vibrates
the unstruck sound
current, and remain
lovingly absorbed in
the Lord.

(Rág Rámkali, Guru Amar Das)

Objectives


This training is designed to guide yogis and healers to the power of sound. Within the 3 years of the course,

- you will experience nād, the eternal sound current of the creation
- you develop your voice as an expression of truth and beauty and learn to use it as a holistic remedy for yourself & others
- you have the chance to gain skills in playing a sacred instrument
- you will be able to teach Nád Yoga to others
- you learn to compose and perform your own music for higher purposes

- you understand the art and science of rāgs in theory and application to explore the composition of the mind and the nature of moods and emotions
- you learn to apply your experience and wisdom of nād to heal and elevate your patients, students, friends and enemies, as well as yourself
- you find the guidance of life within Shabad Guru and you find Shabad Guru in everything



• Saranda



The science of reality
is to find the **sound**
and to **resound** in
that sound.
Then the **SOUL** shall
excel and God shall
dwell within **YOU**.

(Yogi Bhajan)

Requirements

- You are certified Level 1 Yoga Teacher of any tradition or school or you practice as a Healer according to any holistic tradition.
- You speak and understand basic English.
- Listening and singing are the main pillars of Nád Yoga. Musical instruments are mainly used as supporting tools for an efficient vocal learning process. Therefore, even if you intend to learn only singing, we recommend that you acquire one of the following sacred instruments:
Rabab, Dilruba, Sarangi, Saranda, Taus, or Tanpura
- You need your own PC/notebook with internet access.

- You are kindly requested to write a letter of motivation and email it to naadyoga@rajacademy.com when you register for the training:

Why do you want to do this training?

What are your expectations and goals?

What is your understanding of your destiny?

Where is nád in your life?

Where is it missing?



• Dilruba

Course Structure

Each year follows a similar structure:

- Three intensive weekend workshops with Prof. Surinder Singh and team, each followed by one of
- Three 12-week modules with web school based lectures and assignments
- One intensive week with Prof. Surinder Singh and team at the end of each year
- Term break with individual research, practice, and case study projects in local groups or alone

Content

Year one Foundation Courses in:

- Listening (Suni-ai)
- Vocal and instrumental techniques (Gavi-ai)
- Rhythm (Tál)
- Pronunciation (Santhiya)
- Terminology & Musicology (Rág Vidhiya)
- Selfless service (Seva)



Year two The art and science of healing with nád (part 1):

- **Musicology 1:**
Moods in music and in life
- **Composition 1:**
"Decompose your mind to compose your life"
- **Healing with nád 1:**
Foundation in diagnostics & prescription



Year three The art and science of healing with nád (part 2):

- **Musicology 2:** The healing properties of rágs
- **Composition 2:** "Sing your songs of bliss"
- **Healing with nád 2:**
Application and experience in case studies
- Excursion to India: The intensive week at the end of year three will be held in the form of an 11 days sojourn in India. You will be performing in ancient places of worship, meet inspiring souls, recapitulate and apply everything you have learnt, and receive your final polishment in the sacred space of the ancient land of Shabad Guru.
- Future projects: Study groups, performance groups, healing concerts, composing, recording, academic graduation, etc.

Dates & Venues

		WE 1	WE 2	WE 3	Week
Course Start 2008	Year 1	10-21 Sept 08	12-14 Dec 08	6-8 Mar 09	7-14 Jun 09
	Year 2	21-23 Aug 09	20-22 Nov 09	19-21 Feb 10	12-19 Jun 10
	Year 3	27-29 Aug 10	26-28 Nov 10	*	April 2011
Course Start 2009	Year 1	4-6 Sep 09	27-29 Nov 09	5-7 Mar 10	12-19 Jun 10
	Year 2	10-12 Sep 10	10-12 Dec 10	11-13 Mar 11	11-18 Jun 11
	Year 3			*	
Course Start 2010	Year 1	24-26 Sep 10	17-19 Dec 10	25-27 Mar 11	11-18 Jun 11
	Year 2				
	Year 3			*	

* Year three has only two weekend workshops, but a longer sojourn in India.



• Jori

The weekend workshops start Fridays at 5pm and end Sundays about 4pm.

The first weekend workshop of each training will be held in London, UK:

Accommodation and yoga sadhana in Southall, lectures and practice at Thames Valley University, Slough. Exact addresses of venues will be given in time.

Locations for all other weekends and intensive weeks will be chosen and arranged in time according to the composition of the group of students. Convenient accommodation nearby the venues will be offered.



ਵਡਾਸਾਹਿਬੁਉਚਾਥਾਉ॥ ਉਚੇਉਪਰਿਉਚਾਨਾਉ॥

Great is the Lord
and high His abode.
The highest of the
high is His Name.

(Guru Nanak, Jap, 24th Pauri)

Price

£1001 per year.

This price includes the tuition fee and the 8-CD-box-set “Meré Mun” with recordings of compositions in 59 rāgs of the sacred scripture Siri Guru Granth Sahib with traditional instruments. This set comes with a 194 pages booklet with descriptions of all recorded rāgs and quotations and translations of all shabads.

This price does not include travel costs and expenses for food, accommodation, teaching material and organisation during the weekend workshops and the intensive week. These additional costs (excl. travel costs) for the weekends depend on the location, and will be between £80 - £150. The additional costs for the intensive week will be around £250.

The profit from this training will be invested entirely in yoga centres supporting the development of the Nád Yoga Community.



• Taus



Registration

• Please send completed form together with your letter of motivation to:

Raj Academy of Asian Music
Sat Siri Singh
124 Allenby Road
Southall UB1 2HL, UK

• or send an email with the corresponding information to:
naadyoga@rajacademy.com

Hereby, I declare that

- I intend to participate fully in the **3 year course**
- I will meet all **requirements** listed in this brochure
- I have paid the first instalment of **£ 500**
(via cheque or transfer)

Legal Name

Spiritual Name

Address

.....

.....

Telephone

Email Address

Yoga Teacher or Healer Training

(Name and level of training, name of tradition, school, teacher, etc.)

.....

.....

Date & Signature

ਕਹੈਨਾਨਕੁਹਰਿਪਿਆਰੈਜੀਉਗੁਫਾਅੰਦਰਿਰਖਿਕੈਵਾਜਾਪਵਣੁਵਜਾਇਆ॥

Nanak says, the Lord
placed the soul to
the cave of the body,
and blew breath
into this musical
instrument.

(Rág Rámkali, Guru Amar Das)



naadyoga@rajacademy.com | www.rajacademy.com