

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.



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 students and healers to the power of sacred sound. Within the 3 years of the course,

- you will experience nád, the eternal sound current of the creation
- you will 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 (optional)
- you will be able to teach Nád Yoga to others
- you will learn to compose and perform your own music for higher purposes

- you will understand the art and science of rágs in theory and application to explore the composition of the mind and the nature of moods and emotions
- you will learn to apply your experience and wisdom of nád 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 make an internal commitment to pursue the full 3 year journey of sacred sound, and confront and consolidate your inner fears.
- You speak and understand basic English.
- Listening and singing are the main pillars of Nād 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 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 nād in your life?

Where is it missing?



-- Dilruba

Course Structure

Each year follows a similar structure:

- Three intensive weekend workshops each followed by one of
- Three 12-week modules with digital media 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:**
Working with therapeutic techniques and intensive case studies
- Excursion to India: The intensive week at the end of year three will be held in the form of a sacred 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

	WK 1	WK 2	WK 3	Full Week	
Course Start 2010 - Spain Group 5	Year 1	17-19 Sep 10	17-19 Dec 10	18-20 Feb 11	4-11 Jun 11
	Year 2	26-28 Aug 11	25-27 Nov 11	17-19 Feb 12	2-9 Jun 12
	Year 3	28-30 Sep 12	30 Nov-2 Dec 12	*	17-31 Mar 13
Course Start 2010 - UK Group 6	Year 1	24-26 Sep 10	17-19 Dec 10	25-27 Mar 11	4-11 Jun 11
	Year 2	2-4 Sep 11	25-27 Nov 11	24-26 Feb 12	2-9 Jun 12
	Year 3	7-9 Sep 12	30 Nov-2 Dec 12	*	17-31 Mar 13
Course Start 2011 - Germany Group 7	Year 1	4-6 Feb 11	6-8 May 11	19-21 Aug 11	13-20 Nov 11
	Year 2	3-5 Feb 12	4-6 May 12	3-5 Aug 12	3-10 Nov 12
	Year 3	8-10 Feb 13	17-19 May 13	*	24 Aug-7 Sep 13

* 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.



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 - UK

€1200 per year - Europe

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 £90 - £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
Naad Yoga
PO Box 669
Southall UB1 9PJ, 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/€600** (via cheque or transfer)

Payment plans are available based on personal circumstances please contact us for more information

Legal Name

Spiritual Name

Address

.....

.....

Telephone

Email Address

Yoga Teacher or Healer Training

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

.....

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Date & Signature

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)