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# Singing Medicine with LAEELA

MantraSoundMagic - MedicineSongs & Kundalini Power

## SACRED CHANTING

Sing ancient and modern mantras with us. Connect with your roots and let yourself be carried away by the power of mantras and medicine songs and by the magic of our sounds – off into the world of devotional singing. Dive deep and take off! Mantras serene our ever so active mind, open the heart, and give us the opportunity to indulge with all our being into Divinity - inherent in all of us – the feeling of deep, inner peace is nourished and strengthened! Singing together unites us in such a miraculous way that allows us to encounter each other much more intimately and authentically. Besides, it just makes us happy! Chant to free your heart, shining and uniting!

## COCOA CEREMONY & MEDICINE SONGS

In this ancient ritual, the cocoa ceremony coming from Mexico plus touching songs and invoking chants, we invite the spirit of “Mama Cocoa”. Cocoa is also known as “love medicine”.

Therefore, during the ceremonial drinking, our heart opens up very easily for their healing offers !!! Who does not love the chocolate? Cocoa has a deep spiritual potential as a medicinal plant for our inner growth. Because of its gentle way in which cocoa works with our hearts, our shadows only gently surface. An indigenous myth tells that whenever the balance between man and nature is threatened, the spirit of cocoa comes out of the rainforest to open the hearts of people and brings the imbalance back into a state of harmony. Indigenous shamans in Central and South America enjoy working with the spirit of cocoa. Cocoa beans are referred to as food of the gods! Cocoa promotes health and uplifts our consciousness in a very sweet way.

ABOUT COCOA: This cocoa is noble and is made in raw food quality and organic and has nothing to do with the conventional industrial production of cocoa or chocolate! It's all about preserving all ingredients and honoring the plant spirit. Real cocoa is a good antioxidant source of various high-quality nutrients such. Magnesium, Vitamin C, Zinc, Iron, etc. Its bitter substances purify our liver and thus our suppressed anger, anger and anger. The cocoa bean supports the release of anti-stress and happiness hormones and thus has a very holistic effect on our overall well-being.

## KUNDALINI YOGA WORKSHOP WITH LIVE MUSIC

In this workshop you will have the opportunity to delve deeper into the transforming power of Kundalini Yoga. The Kundalini Yoga Asanas or exercises are at once dynamic and meditative, invigorating and relaxing, healing and invigorating and feasible for each of us. Use this wonderful opportunity more and more to recognize your true being behind all the conditioning, emotions and colored thoughts, free yourself from built-in limitations and so on to your essence – self transformation is self healing!

Neelam's singing and guidance through the practice of Kundalini Yoga is very heart-opening, with deep female intuition and inspiration she encourages us to go through all the processes that come up. Shaped by the power of polarity, of silence, vastness and the focus on our true being.

Inwardly and sensitively, Neelam lovingly and purposefully accompanies us to extend our borders and arrive authentically in "just being". True to the motto "It is not the external circumstances that determine your life, but the courage, the inner attitude with which you confront them" (according to Yogi Bhajan).

The live music of David with a variety of instruments and Neelam's touching voice will guide you through the series of exercises, the deep relaxation phase and the meditation with grace and ease. Live music created at the moment, adapted to the series of exercises and the energy of the group goes straight into the heart and lets you experience the yoga practice intensely and yourself!

## SOUND HEALING JOURNEY

Dive into the sea of healing sounds, be enchanted by magic instruments and embark with us on this journey. Experience the archaic powers of natural sounds, channeling voices, Indian drums, singing bowls, seed shakers and other powerful sound instruments that have the ability to merge past, present and future, to dissolve the sense of space and time and to harmonize the water in our cells, leaving us in a state of untold depth Relaxing and at the same time awakening new energies in us !!!

