

“The knower of the mystery of sound knows the mystery of the whole universe.”
~Hazrat Inayat Khan, Sufi teacher~

Triskele is Calgary's Only Yoga Studio Specializing in Nada Yoga: The Yoga of Sound.

FAQ's of Nada Yoga

What is Yoga?

The word yoga originates from the Sanskrit root *yuj*, meaning to yoke and symbolizes the wholeness that occurs when the “ego” of the individual is joined or yoked with the cosmic or infinite universe. Yoga also means path and there are many steps and aspects to the yogic path. Hatha yoga – the yoga most widely known and practiced in the west is the yoga that combines body postures, breathing and meditation practices and guidelines for spiritual living.

What is Nada Yoga?

Nada Yoga is union through sound. Nada Yoga utilizes the energy of sound to invoke spiritual power to create union of the body, mind and spirit. The practice of nada yoga involves the use of music, vocal toning and verbal or silent repetition of sacred sound formulas known as mantra. Nada Yoga

How can I benefit from Nada Yoga?

The practice of Nada Yoga alone is a path to realizing a sense of Oneness and will enhance other types of yoga practice such as Hatha Yoga. The practice of Nada Yoga increases the flow of prana (life energy) to create healing at all levels: the subtle energy body, the physical, mental, emotional and spiritual bodies. The practice of Nada Yoga assists in attaining a sense of inner peace and well-being and assists in decreasing stress.

Benefits of Nada Yoga

1. Brings harmony to the emotions and allows recognition of unresolved emotions.
2. Assists in dislodging unresolved energy in subtle energy body which creates blockage and discomfort
3. Balances to the use of the left and right hemisphere of the brain to decrease stress, create relaxation and improve sleep.
4. Stimulates the production of endorphins and reduces the production of stress hormones.
5. Increases confidence in self-expression and in using the voice.

6. Enhances the ability to remain clear and focused in an over-stimulated society.
7. Encourages balance of the “masculine” and “feminine” aspects within ourselves.
8. Facilitates “whole body ”listening through increasing our auditory perception.
9. Expands consciousness and facilitates the ability to reach altered states of consciousness.
10. Boosts intuition and self-awareness.
11. Changes karma – past, present and future karma.
12. Allows an awareness of “being” rather than “doing” to decrease a sense of isolation and increase a sense of unity and innate connection with the Divine.

What is the difference between Hatha Yoga and Nada Yoga?

Hatha yoga practice optimizes our physical body and moves us from the outer realm of the mind to the inner realm of being through the practice of physical movements or asanas. Nada yoga moves us from the outer realm of our mind to the inner realm of being through a process of focused internal listening and optimizes the our energy, emotions and thoughts.

What is a Nada Yoga class like?

A Nada Yoga class is both experiential and informational and does not require previous experience, just an open mind and heart. Nada yoga at Triskele does not involve any physical yoga postures (asanas) and a nada yoga practice may include the following: chanting, singing (kirtan), pranayama (breathing practices) and meditation.

How can I experience a Nada Yoga class?

Register for a Nada Yoga class by contacting Triskele at 403-240-7100 or stacey@triskelewellness.com.