

Nada Yoga

Science of sustaining subtlest vibrations and Blissful living

Experience Ecstasy. Overcome Depression

Conducted by: Dr. Pradeep Ullal

2 Days workshop- Intensely beautiful
journey into subtle vibrations and bliss

Forenote:

Nada Yoga- The science of subtlest vibrations and Blissful living is an intensely beautiful journey spread over 2 full days. The workshop delves into rarest yogic insights and techniques to transcend from gross to subtlest vibrations through fine tuning breath, body movement, intonations, high vibrancy chants, altering brain waves, releasing feel good chemicals into the body and plunging into the state of causeless joy.

Aspirants will get to learn several routines to raise their vibrations under different life circumstances and prevent illnesses and also come out of chronic sickness.

The high levels of interaction during the program will ensure that you can seek clarity in your practice. The course outline is described in this document.

There are several other aspects of daily yogic practices, diet, sleeping habits, writing journals, contemplative practices which will be discussed in detail during the course. Some of the techniques mentioned in the course are advanced techniques, and need to be done under guidance of a teacher. We will discuss this in detail when we review it.

The routines mentioned in this overview will be fine tuned according to your progress status so that you can achieve more consistency and steadiness.

Assessment Questionnaire:

A questionnaire will be sent to aspirants and they will be required to fill this and send it to pradeepullal@gmail.com before attending the course.

Every student is unique, and their levels of conscious awareness depend upon their exploration, and experience. Hence an assessment is done to arrive at a teaching approach to be followed.

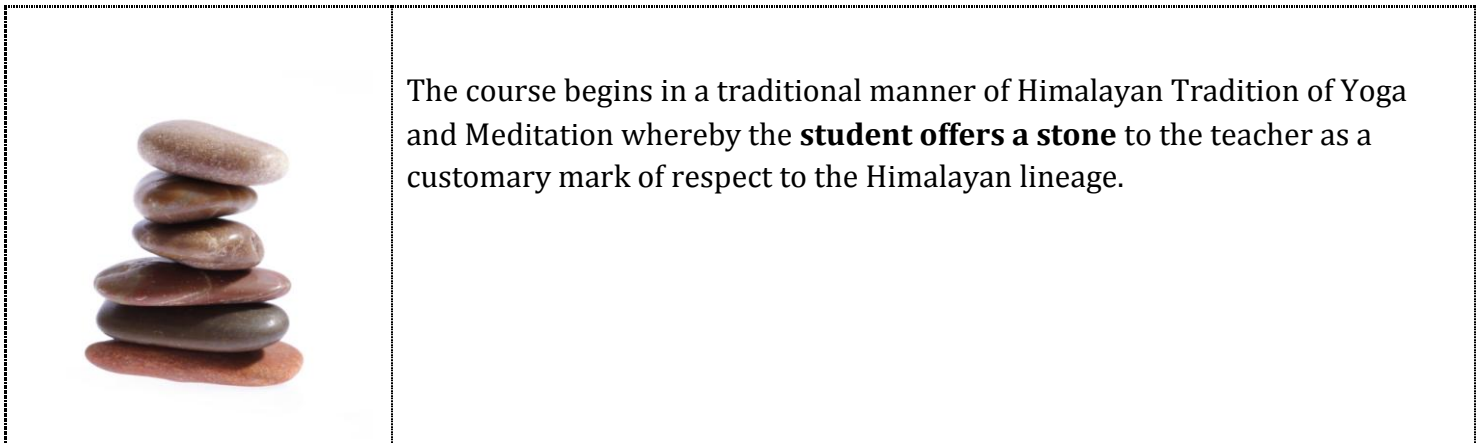
The Assessment will include:

- a. Exposure to Yoga practices (Past courses attended and peak experiences)
- b. Observation of body awareness, fitness, endurance and general health
- c. Observation of breath awareness & techniques
- d. Yogic concepts
- e. Key patterns in lifestyle like eating habits, sleep, mental impressions

Note: This assessment will enable the teacher to make adjustments in the training structure to accommodate techniques to sort out any specific areas of body and breath work to be emphasized upon. **Also the student can mail the teacher information about their own assessment of the above aspects so that the course preparation time can be saved.**

Day One:

Morning Session:



Introduction to Wisdom of Nada Yoga

In this session, you will be lead into the concepts of an inner journey with the application of the wisdom of Nada Yoga as taught by the Himalayan Mystics and Yogis. You will understand intricate concepts which are mandatory to know before you begin to explore further.

The concept:

Simple, and yet powerful, the Himalayan yoga techniques will usher you to go deeper into the experience of knowing your **body-breath-subtle body-mind** and enable you to learn techniques to produce intonations and connect with the subtlest vibrations within to create a **new and powerful pattern in your lifestyle** that leads to blissful living. You will learn to **apply the science of Nada yoga, wisdom of energy flow, and deeply connect with subtle aspects of sound, touch and movement to cleanse, heal and become consciously aware of the power of vibrations and flow of divine nectar.** You will eventually experience deep levels of flow which will lead you to intensely beautiful and sacred meditation. Meditation just happens and can't be taught. However we define a classical structure by

sequencing the tools and techniques of yoga that lead us to that state of equanimity of the mind that is conducive for meditation.

Morning Session: Day One

0900 hrs - 1230 hrs

Understanding the concept: Science of Nada Yoga

Hatha Yoga Preparation

Warming up to Body Awareness and unlocking the body for energy flow.

1. Light Warm up
 - a. Cardio Vascular activity with focus on enhancing heart rate and lung power
 - b. Fine tuning the Electro Magnetic Field
 - c. Unlocking the Body (keying into the 26 locks in the body)
2. Body Preparation & Toning (with effective breath techniques)
 - a. Neck Roll
 - b. Shoulder Roll
 - c. Arm swing (both ways)
 - d. Body Twist
 - e. Leg swing
 - f. Balancing energy flow
 - g. Meridian Line thumbing
 - h. Draining lymph nodes

Stretching & Prana Flow

Surya Namaskar-12 asanas in integrative vinayasa flow

Side Stretch

Vira Bhadrasana

Pavana muktasana series

Vipareeta Karani- Sarvangasana to open up the respiratory system, sinuses to allow easy breathing

Prana Flow

3. Swarodaya – Science of Breath techniques
 - a. Nadi Cleansing Routines
 - b. Kapalabhati (cleansing temporal brain)
 - c. Bhastrika (bellows breath)
 - d. Agnisara (breath of fire)
 - e. Ujjayi
 - f. Brahmari (yoni mudra with high frequency intonations)

Bandhas and Mudras

Nada Kriya

Powerful techniques to fine tune and awaken the cellular structure of the body and connect within to create a powerful unitary vibration.

Q & A session:

1230 – 1300 hrs - Light vegetarian Lunch

Afternoon Session:

1300 hrs - 1400 hrs

Nada Brahma- Journey into sound healing

Exploring the journey into fine tuned sounds, to cleanse and purify the body internally

1400 hrs- 1500 hrs

Yoga Nidra

Guided journey for exploring conscious sleep state in the turiya state (4th state of deep sleep awareness), Rewiring the body, Integrating body mind connection, deep rejuvenation

Nada Dhyana

1500 hrs -1600 hrs

Intense focus of the subtlest vibrations in an expansive mind and directing it with sounds, chants, breath, healing frequencies to achieve divine ecstasy and bliss within

Contemplation on Science of Nada Yogic Practices

1600 hrs -1630 hrs

Contemplation of the sadhana that is required to be done

Sharing experiences and Q & A session:

1630 hrs -1730 hrs

Morning Session: Day 02

0900 hrs - 1230 hrs

Abhaya of Yoga Routine: Fine tuning the body to achieve expansive flow

Warming up to Body Awareness and unlocking the body for energy flow.

1. Light Warm up
 - a. Cardio Vascular activity with focus on enhancing heart rate and lung power
 - b. Fine tuning the Electro Magnetic Field
 - c. Unlocking the Body (keying into the 26 locks in the body)
2. Body Preparation & Toning (with effective breath techniques)
 - a. Neck Roll
 - b. Shoulder Roll
 - c. Arm swing (both ways)
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Stretching & Prana Flow

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3. Swarodaya – Science of Breath techniques
 - a. Nadi Cleansing Routines
 - b. Kapalabhati (cleansing temporal brain)
 - c. Bhastrika (bellows breath)
 - d. Agnisara (breath of fire)
 - e. Ujjayi
 - f. Nauli Kriya (churning the samana vayu flow in belly)
 - g. Brahmari

Bandhas and Mudras

Nada Kriya: Stage 2

Powerful techniques to fine tune and awaken the cellular structure of the body and connect within to create a powerful unitary vibration.

Q & A session:

1230 – 1300 hrs - Light vegetarian Lunch

Afternoon Session:

Chakra Dhyana- Journey into divine ecstasy through sound healing

1300 hrs - 1400 hrs

Exploring the journey into fine tuned sounds, and frequencies to cleanse the chakras, activate and balance them.

Advanced Nada Yoga

1400 hrs - 1600 hrs

Exploring the amazing depth of the science of nada to alter the brain to shift to theta, delta and gamma waves, enhance the flow of nectar in the cerebro spinal fluid to experience divine ecstasy, command pineal gland to release serotonin to come awake, aware and alive in body, and experience the Ananda Kanda (spiritual heart that triggers causeless joy, deep release in the heart, overcomes depressions and lows, and enables us to have a belly laugh, and experience the innocent state of a mind of a child)

We will explore how to alter brain waves, whole brain transformation meditation, organ flow and bio rhythm.

Guidance on Yogic Practices

1600 hrs -1730 hrs

Guidance session for sustaining Nada sadhana independently at your home.

This will be followed by detailed understanding of concepts and practices.

Followed by Q & A session

Testimonials

Dr. Pradeep is a true and rare teacher of Nada Yoga. He never attended any formal school to learn it. I have seen him from many years. I know that this is a divine gift which just came to him. I am honoured to have enjoyed meditating with him. He takes us on such amazing heights of joy and then drops us into blissful nothingness. We just don't want the meditation session to end. My whole body becomes super light, no pains, just flowing like a river, each every cell tingles, vibrates and expands and dances within. What an amazing ecstasy.

He is so unassuming that he brushes everything as says that it was our deserving levels that enabled the high. What an amazing guru

Jyothi, Bangalore, India

I have experienced amazing meditation with Pradeep and been in love with his spontaneous flow in meditation. I know that he is guided by ascended masters and angels and the grace is so evident in his talk, sounds that he produces which are truly mind blowing. What a rare teacher to have. It's a true blessing to know him and experience Dr. Pradeep

Mani, Mumbai, India

His touch, voice, intonation is enough to take me to a subtle state of vibration. Most of the times, I feel his hand above my head and I go into a beautiful spin in my 7th chakra. It is better than any pleasure I can ever experience. Then I open my eyes, that he is not even around. He can remotely give you an experience to remember for a lifetime. His knowledge, techniques and easy going approach is a true treat.

Pooja, India

I have heard him produce octave scales in intonations without even hint of effort. My whole body just expands, lightens and vibrates just listening to his powerful chants. Sitting next to him in meditation is like listening to the river flowing next to you. It is so calm, and deeply healing. His amazing connection with the universe is so remarkable. His humility and approach just is so remarkable. I feel he is just blessed and he knows it and treats everyone the same.

Shantala, India