

EXPLORE • DISCOVER • INSPIRE

vibration of LIFE

"mantras for life"



SEPTEMBER • 27 & 28 • 2014

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WELCOME!

How did I get here? Where did I come from? Who am I? And, of course...what do I want...really? These are questions that have 'pestered' the human species since the beginning of something called time. In today's society, these questions probably don't 'pop-up' as frequently as they did before the 'electronic/technical' revolution. We are constantly bombarded by things outside of us seeking our attention. Do I have your attention now? LOL I'm one of those 'things'. A diversion, if you will, that takes us away from the silence that underlies everything. The beginning vibration of 'no-thing'.

The tag line for this year's Vibration of Life, Mantras for Life, was 'loaned' to us by one of our headline artists this year, Deva Premal and Miten. Their most recent CD is called Mantras for Life. We were given a wonderful article for this year's program that speaks about how these mantras connect us. It is authored by one of our local enlightened sages, Swami Jyotirmayananda. Please take the time to read these important words that explain very eloquently the divine connection being (re-)established by chanting mantras.

Vibration of Life is about community. It is our hope that our South Florida community can come together as one human family to share and celebrate our divine inheritance. We were born to create and create we will. This coming together of the South Florida holistic 'rock stars' is a beautiful thing. Yes, another diversion, but, in our very humble opinion, a divine diversion. We hope that Vibration of Life will be a catalyst in reconnecting you to your true nature and help in integrating some of what you have learned and experienced into this divine life.

Namaste'

THANK YOU!

Founders and NonDoers:

Hal and Marcia Martin

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Joyce Fleming, Adriana Araujo, Alina de la Paz

Web & Graphic Design & Social Media Marketing:

Mel Bartel

Program Book Design:

Mel Bartel: wonder.{shift}.designs

Thanks to: YOU!!!

Special Thanks:

Eric Fliss and all of his staff at the South Miami-Dade Cultural Arts Center

All the presenters for their undying support throughout this amazing adventure.

All the volunteers for all their love and energy, without which this event couldn't have happened.

And I must share my gratitude for the **Science and NonDuality Conference** in San Jose, CA, (coming again this October 23rd thru the 26th.)

The SAND conference is the true inspiration for Vibration of Life.

Thank you Maurizio and Zaya! Muuuuaah!

This conference is dedicated to the amazing grace that vibrates as this....

www.stopbreatheandsmile.org

JOIN OUR MAILING LIST & LET'S BE FRIENDS ON FACEBOOK!

A gathering, or mini festival, if you will, showcasing South Florida's Holistic Community



STOP, BREATHE & SMILE PRESENTS

vibration of LIFE

EXPLORE • DISCOVER • INSPIRE

Saturday, September 27

ROOM

3:00 PM	EXPLORE	RAM GIRI - HEARTSOURCING (pg.11)
3:00 PM	INSPIRE	REV. ELIZABETH LONGO - EXTRAORDINARY LIVING (pg.8)
3:00 PM	DISCOVER	VICTORIA BRUNACCI - CHAKRA ACTIVATION YOGA (pg.15)
4:00 PM	EXPLORE	DR. JOHN COSBY - AN EXPERIENCE OF AYURVEDIC HEALING (pg.9)
4:00 PM	DISCOVER	ZAMANTA ARCHIBOLD - Y DO YOGA? (pg.16)
4:00 PM	INSPIRE	SADHU SINGH - MEDITATION MADE SIMPLE FOR EVERYDAY PEOPLE (pg.12)
5:00 PM	EXPLORE	ADITYA GIR - STRESS REDUCING BENEFITS OF YOGA (pg.6)
5:00 PM	DISCOVER	PAUL TOLIUSZIS - A MEETING ON NON-DUALITY (pg.10)
5:00 PM	INSPIRE	VAL SILIDKER - SACRED ACTIVISM:AWAKENING THE PEACEFUL WARRIOR (pg.15)

Sunday, September 28

ROOM

3:00 PM	EXPLORE	THOM SESSA - THE HEALING POWER OF THE HUMAN VOICE (pg.14)
3:00 PM	DISCOVER	VINCENT BELLITTO - DISCOVER THE INVINCIBLE YOU! (pg.16)
3:00 PM	INSPIRE	JEFF DEEN - DRUMMING FOR WELLNESS (pg.8)
4:00 PM	EXPLORE	MELISSA ALUNA SOLANO - ENERGY MEDICINE (pg.10)
4:00 PM	DISCOVER	ALEX COHEN & JAVIER WILENSKY - YOGA CLASS - A HEART OPENING JOURNEY (pg.6)
4:00 PM	INSPIRE	SWAMI SHARADANANDA - THE SACRED VIBRATION OF KIRTAN (pg.11)
5:00 PM	EXPLORE	JILL RAPPERPORT - SHAMANIC JOURNEY SOUND BOWL MEDITATION (pg.9)
5:00 PM	DISCOVER	SWAMI DEVAKRSNANANDA - AYURVEDA & SPIRITUALITY (pg.7)
5:00 PM	INSPIRE	BREATH OF LIFE - HEALING MUSIC (pg.7)

PRESENTER BIOS

STRESS REDUCING BENEFITS OF YOGA WITH ADITYA GIR, PRANOGA

SATURDAY, SEPT. 27 @5PM



Aditya "Adi" Gir, Founder and Director of Pranoga, is an Indian-born Yogi and an Experienced Registered Yoga Teacher (E-RYT) with Yoga Alliance. A software business owner and a former executive with a hi-tech company, he has now turned his focus to help others live happier, healthier lives. Adi founded Pranoga in mid 2009, and has taught hundreds of students since then.

As you may know, STRESS is one of leading causes for many of the major diseases that we suffer today such as high cholesterol, heart disease, stroke and even cancer. Medical research shows the harmful effects of stress, and that we need to manage our stress now.

Attend this presentation to:

- Learn the impact of stress on our bodies and minds
- Educate yourself on the 5 Major Principles of Yoga
- Experience a sampling of some of the principles
- Learn a few simple exercises that you can do any time
- Learn how to achieve a healthier and happier lifestyle with a regular practice of Yoga

If you suffer from any kind of stress, this presentation could transform your life. Taking a sincere approach to affect both body and mind, he guides his students to reflect inwards and use their own inner strength to deal with all that life has to offer.

For more info on Aditya Gir and Pranoga, please visit:
www.pranoga.com or call 305-597-1565

YOGA CLASS - A HEART OPENING JOURNEY ALEXANDER COHEN & JAVIER WILENSKI

SUNDAY, SEPT. 28 @4PM



Join Javier and Alex in this Heart opening Journey Thru Yoga poses for all Levels that will lead you to a beautiful heart felt state. This yoga class will inspire you and will prepare you to be open to receive the amazing vibrations that Deva Premal brings every time she plays!! Take this class and you will feel a sweet after taste to receive the evening of sound and mantra healing. (no previous experience required)

Alexander Cohen, Co-founder and one of the Executive Directors of Om'echaye, a holistic wellness center in Hallandale Florida. He is a recognized teacher, inspirational coach and presenter who has a unique ability to integrate mind, body and spirit in his work. He is a certified Yoga instructor, a postural alignment specialist, a healer, meditation teacher, a Pilates and fitness instructor, a massage therapist and a certified personal trainer from the National Strength and Condition Association (NSCA).

Javier Wilenski (Co-founder of Om'echaye) was born and raised in Buenos Aires, Argentina. After graduating from Universidad de Ciencias Economicas y Sociales (UCES) with a BA in Business Administration, Javier moved to Florida to found Om'echaye Wellness and Fitness center.

Sponsored by:

Alex & Javier's presentation is sponsored by: Om'echaye, located on Hallandale Blvd, close to US1. We are grateful for their commitment to helping us make Vibration of Life happen. Check their website for a schedule of classes, including frequent offerings by Alex & Javier.

www.omechaye.com - 1100 E. Hallandale Beach Blvd, Hallandale, FL 33009
954.456.6945/52

HEALING MUSIC WITH BREATH OF LIFE

SPONSORED BY WESTON YOGA

SUNDAY, SEPT. 28 @5PM



“A mystical experience where light, healing and love become music”

You will experience a spiritual path embraced by a Celtic atmosphere, combined with the power of Universal Mantras, Medicine Melodies and Prayer as song. A healing journey where the pure and magical sound of crystal singing bowls, Mystic Flutes, Piano and ethnic percussion, merge with Sacred Chanting performed by professional musicians and music healers.

This is work inspired in our heart's sacred space and in the perfect rhythm that follows the breath of the universe. Since the beginning for us, music was the doorway towards freedom, happiness and divinity. We want our audience to be a part of our musical sanctuary, to be embraced by the loving medicine of our songs. Sound + Intention = Healing

The voice is our soul's purest expression, an eternal meditation of the heart. Singing opens our heart to receive universal blessings and to connect us with the Breath of life, with God, with Spirit.

Daniela de Mari	Vocals and crystal singing bowls
Orlando Sandoval	Keyboards and direction
Luis Sandoval	Ethnic and classical flutes
German Sandoval	Ethnic Percussion

This Breath of Life Music presentation is sponsored by Weston Yoga. We are grateful for their commitment to helping us make Vibration of Life happen. Check out their website for a schedule of classes and workshops.

www.westonyoga.com - 2600 Glades Circle, Suite 400, Weston, FL 33327 - 954-349-6868

AYURVEDA & SPIRITUALITY - THE DIVINE INTERPRETATION OF LIFE AND EXISTENCE WITH SWAMI DEVAKRSHNANANDARYA

SUNDAY, SEPT. 28 @5PM



This lecture will allow the audience to have a deeper and more profound understanding of the oldest Medical Science and its foundation, which is deeply rooted in the spirit of existence, transformation and cosmic consciousness. Swami Deva will also venture out in explaining and demystifying the core of spiritual wisdom which is the essence of Tantric spirituality. These rudimentary principles are the defining principles which Ayurveda is based upon.

An Acarya in Yogic Medicine, Yogi Devakrsnananda is well versed in the ancient system of Tantric Spirituality and Yogic Philosophy and Healing. He is true to form in his knowledge and background in Ayurveda and is one of the pioneers in bringing the subtle refinement of Ayurveda and Tantric Philosophy to the west. Focusing on the refined presentation of Sankhya Philosophy by the great sage Kapila Muni, Swami Devakrsnananda has integrated the teachings of his beloved guru to further explore the potentials of Ayurveda, for human wellness and elemental existence on a more profound level.

Apart from being a founder of the Mahima Institute, Swami Deva is also a lecturer, teacher and soon to be author on various books on spirituality, philosophy, Ayurveda and other self- help, healing and transformative topics.

For more info on Mahima, please visit them in the Healing Room during the Vibration of Life

www.mahimainstitute.com

Email: info@mahimainstitute.com
Phone: 1-844-MAHIMA1 (624-4621)

EXTRAORDINARY LIVING **WITH REV. ELIZABETH LONGO** SPONSORED BY UNITY ON THE BAY **SATURDAY, SEPT. 27 @3PM**



You were meant to thrive. You have all the resources to live an amazing, magical, joyful, and abundant life. Extraordinary Living is designed to awaken you from the dream of separation and to open the heart to the infinite possibilities that await you. Through teachings, experiential exercises and meditations you will receive the tools needed to tap into the Universal energy and shift your perceptions to truly realize freedom. Learn to work with the power of intention and create your best life now. Wake up from your conditioning as you begin to access your creative powers and empower yourself as you open tap into your intuition and realize your dreams.

Elizabeth Longo, an Ordained Unity Minister currently serving at Unity on the Bay in Miami, Florida. She is in charge of the Education, Family Ministry, Prayer, Pastoral Care, and Small Groups.

She is a Certified yoga instructor, Oneness Blessing giver & facilitates retreats and workshops. Her love of life and adventure has taken her to India four times and to other sacred places throughout the world.

Elizabeth was a film, television, and stage actress, until she took off the masks of illusions for the love of unshakable freedom. She is passionate about evolutionary spirituality and the awakening of humanity.

For more info on Rev. Elizabeth Longo and Unity on the Bay, please visit:
www.unityonthebay.org

Email: info@unityonthebay.org
Phone: 305-573-9191

DRUMMING FOR WELLNESS **WITH JEFF DEEN** SPONSORED BY FIVE SISTERS **SUNDAY, SEPT. 28 @3PM**



Jeff Deen, founder of Drumming for Wellness, Inc., is a musician, facilitator, and meditation guide who has been leading rhythmic based workshops in South Florida for the past 6 years. He has a passion to assist people in their personal transformations using tools of rhythm, frequency, chanting and guided imagery. Jeff believes that sound and rhythm are powerful tools that can assist us in our individual and collective transformation and growth.

Ready to upgrade your vibration?? Join tabla player and facilitator Jeff Deen of Drumming for Wellness on a journey into the power of mantra. Jeff will explain the meaning behind and application of particular Sanskrit mantras, and then lead the group through a chanting practice of mantra repetition. Jeff combines specific rhythmic patterns on the tabla with mantra practice to create a deeper vibrational impact in your energy system.

Chant...drum...breathe...resonate...reprogram...transform!

Jeff's presentation is sponsored by Five Sisters, located just north of the Falls in South Dade. We are grateful for her commitment to helping us make Vibration of Life happen.

For more info on Jeff, please visit his website: www.drummingforwellness.com

Check out Five Sister's website for a schedule of classes held there, including frequent offerings by Jeff. www.fivesisters.biz

Store address/phone: 8805 SW 132 St, Miami, FL 33176 • (786) 250-4170

AN EXPERIENCE OF AYURVEDIC HEALING WITH DR. JOHN COSBY SATURDAY, SEPT. 27 @4PM



Through experiential approaches, Dr. John Cosby will take lecture attendees through a journey of the 5000 year old recorded practice of Ayurvedic medicine.

Ayurveda, literally means the “science of life,” is the oldest known medical paradigm in the world and seeks to bring balance between the body, mind and spirit through holistic approaches. Ayurveda is unique in that it is based upon a tri-doshic system with the understanding that the human body has three main ‘doshas’ or constitutions: vata, pitta and kapha. Dosha-testing allows for the diagnosis of physiological and emotional dispositions of individuals based upon types, enabling the prescription of specific healing regimens for all combinations of doshas.

Dr. Cosby is a family physician who is a graduate of Michigan State University School of Medicine and has been practicing for over 17 years.

Dr. Cosby began studying Ayurveda in 1989, and established two Integrative medicine clinics in both NY and Florida. He has studied extensively under the tutelage of Dr. Vasant Lad in both India and the United States and has completed advanced coursework in Mumbai and Pune in Ayurveda. Dr. Cosby is now based in Miami, FL and continues to create interest in the joining of eastern and western medicine through lectures, consultations, panchakarma Ayurvedic massage and his forthcoming book on Yoga and Ayurveda.

please contact Dr. Cosby at:

email: ayurvedic4free@yahoo.com

Ayurvedic Center
5693 SW 102nd Ave. Miami, Florida 33173
phone: 954-609-6291

SHAMANIC JOURNEY SOUND BOWL MEDITATION WITH JILL RAPPERPORT - SOARING EAGLE YOGA SUNDAY, SEPT. 28 @5PM



Native Miamian, Jill Rapperport, creator of YOKI Yoga Kids, specializes in Children Preschool through High School, is an experienced registered yoga instructor, meditation teacher, Trauma Incident Reduction Facilitator, Spiritual Life Coach, Shamanic Energy and Sound Healing Practitioner. She brings a unique blend of business experience, yoga postures and philosophy, adjustments, anatomical knowledge, musical and sound healing training and varied spiritual practices to her trainings.

As the founder of Soaring Eagle Yoga and Yoga at Schools, Jill's vision is to nurture and educate the world's leaders, teachers, parents and children to bring peace, well-being and fitness to people around the world. She creates programs for businesses, schools, camps, after care, and athletic organizations.

Her work with Yoga Ed and Schools has been featured in NPR Radio and TV, The Miami Herald. She conducts the award winning Yoga Ed training and is committed to bringing this nationally-recognized program to schools across the country.

In this presentation, you will experience a profoundly relaxing sound massage and energetic balancing meditation! You will also get some fun tools and techniques to incorporate at home, for yourself and for your children if you have them! Come and be refreshed! Kids are welcome to attend with their parents!

Look for New Moon and Full Moon timing and see www.SoaringEagleYoga.com for more information.

ENERGY MEDICINE WITH MELISSA ALUNA SOLANO

SPONSORED BY BAGUA CENTER

SUNDAY, SEPT. 28 @4PM



Energy Medicine is a complementary treatment that recognizes energy as a vital, living, moving force that creates health and happiness, that includes vibrational energy (sound) and electromagnetic energy (light or life force). It activates your body's natural healing energies into a good flow, harmony, and balance. Reiki Healing amongst other healing modalities will be explored and introduced.

Melissa ALUNA Solano, founder of iloveology, is a dynamic Life Strategist, Transpersonal Therapist, Intuitive Consultant, Usui Reiki Master Teacher, and Transformational Breathwork Facilitator.

Her blend of extensive experience, doctoral studies in psychology, and powerful energy healing modalities allow her to help you to tap into your unlimited potential. She guides others to connect to their soul, mind, and body through integrative techniques to restore balance and create well-BEING. She is passionate on inspiring individuals to experience a deeper understanding of themselves and their purpose.

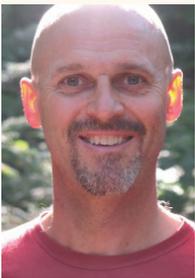
Melissa continues to facilitate empowerment groups and workshops that center on promoting clarity, relaxation, and vibrational cleansing/healing at Bagua Center; as well as private consultations and sessions.

Melissa's presentation is sponsored by Bagua Center, a spiritual haven for Miami's community, a renewing getaway as well as a gift shop for locals and travelers from all parts of the world.

Check out Bagua Center's website for a schedule of classes and events held there, including Melissa Solano's Reiki Healing Therapy: www.baguacenter.com
Store address/phone: 4736 NE 2nd Ave. Miami, FL 33137 • (305) 757-9857

A MEETING ON NON-DUALITY WITH PAUL TOLIUSZIS

SATURDAY, SEPT. 27 @5PM



Paul Toliuszis is one of the most experienced yoga teacher trainers in the United States. He began practice in 1992, and in 1998 founded the first of three successful yoga schools in Miami Beach. Over the past 16 years, Paul has taught 12,000 yoga classes, led 38 200 hour professional teacher trainings and certified over 400 teachers. He was recently selected as a presenter at the 2014 Science and Non-Duality (SAND) Conference in San Jose, CA.

Non-Duality means "not two" and is a translation from the Sanskrit word Advaita. Though it has been taught for centuries as a path to enlightenment, very few teachers were able to communicate the message. Now, in an age when we share information globally, the teaching of Non-Duality has emerged as an effective, direct means of self realization. Non-Duality is synonymous with the word yoga, meaning union, and is also the jnana or wisdom path referred to in the Hindu scriptures.

Many people over the years have asked me to expand on what I say during my yoga classes. I am grateful for the opportunity to do that in this meeting. I hope to see you there.

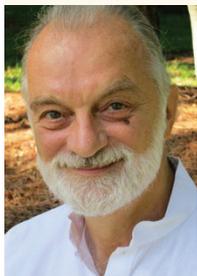
For more info on Paul, please visit:
MiamiBeachPowerYoga.com

Phone: 305-778-2038

Email:
Paul@miamibeachpoweryoga.com

HEARTSOURCING YOGA™: FOR YOUR LOVE AND LIBERATION WITH SWAMI RAM GIRI, PH.D.

SATURDAY, SEPT. 27 @3PM



Ram Giri has one mission: to share with individuals like you the wisdom and limitless power that lies at the core of our being, in the spiritual Heart.

If you are searching for peace of mind, emotional harmony and unconditional love, HeartSourcing™, may be for you. It is practical mentoring in the most effective ways to awaken your blissful awareness, the true quality of your soul.

In this presentation you will get clear guidance to optimize your present efforts to improve your life, to end mental stress, emotional tensions, past trauma and personal conflicts. This is practical information that can serve you for the rest of your life. We will end with a mantra meditation to nurture yourself from your spiritual Heart.

Join Ram Giri for a journey into your own Heart... you will find that it is as wide as the world, and in that all suffering, fear and doubt can be melted.

HeartSourcing Yoga opens our Heart, mind and emotions to bring our whole being into harmony. Rather than search in vain for fulfillment from external sources, HeartSourcing takes us home into our own heart. It is a wonderful way to nurture yourself from your own inner core, so your love can shine into the world.

Ram Giri Braun, Ph.D. is an exceptional spiritual teacher and mentor, Transpersonal Psychologist, Author, founder of HeartSourcing Yoga™, and personal student of the legendary Maharajji Neem Karoli Baba, as well as the 16th Karmapa, Ma Jaya, Byron Katie, Swami Jyotirmayananda. His recent contribution to humanity is his book "HeartSourcing: Finding Our Way to Love and Liberation." Parabola wrote: "This is an exceptional book."

For more information about Mentoring with Ram Giri, please see the following:

Website: www.skillsforawakening.com

THE SACRED VIBRATION OF KIRTAN WITH SWAMI SHARADANANDA

SUNDAY, SEPT. 28 @4PM



An ordained Interfaith Minister and graduate of The New Seminary for Interfaith Studies in New York, (Rev. G) has been initiated by Gurudev (Swami Jyotirmayananda) in the Hindu Sanyassi Order. Swami Sharadananda (Rev. G.) is the Spiritual Director at the Darshan Center for Spiritual Evolution at a Healing Space in Wilton Manors and is a Professor of Sociology, Social Work and Criminal Justice in South Florida.

This workshop is an invitation to sing, chant, clap, meditate, dance and be in sacred space together to create a deep connection with the Divine. Participants will be immersed in a sacred experience of call and response chanting of sacred mantras with a unique sound and style. Participants will be engaged in the trans-formative power of Kirtan and learn about the energy behind this spiritual practice and the amazing benefits that calm the mind, open the heart and build deep connection with Divine energy.

For more info on Swami Sharadananda, please visit: www.darshancenterwiltonmanors.org

Email: RevDrGTelesco@gmail.com

MEDITATION MADE SIMPLE FOR EVERYDAY PEOPLE WITH SADHU SINGH

SATURDAY, SEPT. 27 @4PM



Meditation has been benefitting people for 1,000's of years and it's more simple to do than most people know. You don't have to give up living to get major benefits from meditation and in fact, regular meditation can make your life much more livable. Recent science & medical research proves that meditation can help you become healthier, smarter and more successful.

In this interactive talk and demonstration with Sadhu you will not only learn how meditation positively affects your body, mind and well-being but you will also be given meditation techniques used by great meditation masters throughout history and by highly successful people in today's busy world that you can use in simple everyday ways to bring about great changes in your health and in your life.

Sadhu Singh has been helping people become more clear & healthy with Meditation, Kundalini Yoga and his down-to-earth yet very dynamic Health Coaching for almost 20 years. In addition to being one of the most sought after Kundalini Yoga teachers in Miami, with a loyal & growing following for his public classes, he leads international destination retreats and serves a wide range of private clientele from wealth management executives, artists, professional athletes, students to busy parents. Sadhu has trained directly with great masters all over the world including Kundalini Yoga Master- Yogi Bhajan, His Holiness The Dalai Lama, Mindfulness Meditation Founder- John Kabat-Zinn and Deepak Chopra. He has introduced meditation & yoga to special needs inner city children, public elementary school teachers & students and guided corporate meditation presentations and extended corporate wellness programs with The American Heart Association, Canyon Ranch and Merrill Lynch. Sadhu is featured in an upcoming prime time PBS Special and is a returning guest speaker for FOX TV's Health Watch.

See below for more info on Sadhu Singh:
Website: www.sadhuserves.com
Phone: 786 521 3755 Email: sadhuserves@gmail.com

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The Mahima Experience at the Healing Room

2 Day Festival - September 27 & 28

Join us for free ongoing lectures on Ayurveda, yoga and spirituality with Swami Devakrsnananda. Experience yoga asanas for health, enjoy a tranquil environment in a meditative state with spiritual chanting, immerse yourself in the subtle vibrations of the gong or dance at the rhythm of Indian music... and you may also win a prize from our raffle!

**Our new certification program as an Ayurveda
Wellness Counselor will be revealed.**

For a detailed program: www.mahimainstitute.com

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25% OFF Purchase from the Dharma Shop

Valid at Vibration of Life Festival



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10651 SW 88th St.
Suite 201 Miami, FL 33176

THE HEALING POWER OF THE HUMAN VOICE

WITH THOM SESSA SPONSORED BY UNITY ON THE BAY

SUNDAY, SEPT. 28 @3PM



In this presentation you will hear about and experience:

- 1- The Human Voice and Physical Vibration: Exploring the components of the physical and mental human voice, our "body instrument". This process will allow the discovery of those "vocal instrument parts" and how to "place" them for the free release of "sound energies".
- 2- Inflection, Feelings and Soul: The discovery of how speech patterns are created through our emotion and feelings. Finding how we respond or react to external stimulus and sound. Learning how to connect the speaking voice to the singing voice, as they are the same instrument.
- 3- The Solo Voice and Communal Expression: An exploration of the history and origins of the American music form known as "Gospel". Exploring the ancient west African chant that have transposed into traditional styles of worship and work song. Call and response exercises will be practiced.

South Florida native, Thom Sessa has been creating, performing and teaching many studies of music and voice since 1974. Having been exposed in childhood to many styles of music, including a constant influence of Gospel culture in his church upbringing, it is no wonder that this form of music and expression has become his signature style and format.

Currently, Thom is teaching voice, keyboard and composition and serves as faculty and Co-director at Lampkin's Creative Arts 4 All in Hallandale Beach. When not teaching, Thom can be heard at various Unity and other non-denominational churches. As Thom puts it, "There's a feeling one gets in Gospel that just can't be found anywhere else".

For more info on Thom Sessa and Unity on the Bay, please visit:www.unityonthebay.org

Email:info@unityonthebay.org
Phone: 305-573-9191



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create • inspire • deliver

www.melaniebartel.com

SACRED ACTIVISM: AWAKENING THE PEACEFUL WARRIOR WITH VAL SILIDKER, MS EXPAND THE LOVE/INSPIRED LIFE WORKSHOPS SATURDAY, SEPT. 27 @5PM



Deep Ecologist Val Silidker, MS, is the founder of Inspired Life Workshops and Expand the Love. As a transformational catalyst and activist, she has been building community and empowering individuals and groups both nationally and internationally for over 15 years. Val produces, directs and facilitates transformational workshops and events, where participants can explore themselves and their interconnectedness with life, and works intimately with individuals to inspire them to ask deeper questions, discover their purpose, passions, strengths and the depths within them. Over the past decade, she has created a powerful and diverse community of thousands of individuals from south Florida and beyond, who have come together to celebrate life and create a more sustainable world from the inside out.

You are being called to take part in a conscious evolution.

Inspired by mythic stories, modern cosmology and holistic psychology, Val Silidker invites you on an experiential, interactive journey into: Compassion, Interconnection, Wisdom and Synergy. You will feel empowered with a deeper understanding of our current global paradigm shift and your own ability to participate more fully in the healing of ourselves and our world.

For more info, please visit:

www.InspiredLifeWorkshops.org
www.ExpandtheLove.com

Check out her most recent project coming up Feb 2015:

The Zen Cruise: A Transformational Journey at Sea For info: www.thezencruise.com

CHAKRA ACTIVATION YOGA WITH VICTORIA BRUNACCI - SYNERGY YOGA SATURDAY, SEPT. 27 @4PM



Victoria Brunacci is the Director of Synergy Yoga on Miami Beach and leads Yoga Trainings and retreats worldwide.

Victoria was raised in the mountains of Brazil learning to understand and respect the laws of nature and Divinity.

Victoria is certified in Swami Sivananda's Integral Yoga, and traveled extensively through India studying in Mysore the Ashtanga Vinyasa system at Sri K. Pattabhi Jois' Yoga Research Institute. Victoria is also certified as a Reiki Master level III, Acupressure/Shiatsu and Thai Massage where she studied under master Michael Buck of the Vedic Conservatory. She is a 500 hrs yoga Alliance Certified with specialization on B.K.S. Iyengar Therapeutic Method. Today, Victoria's classes enjoy as well influence from Jivamukti Yoga, Dharma Mittra & the Ashtanga Vinyasa system. Victoria has a passion for teaching Kids Yoga and is a true Bhakti Yogi, with an intention of bringing awareness and raising consciousness on the planet.

Victoria will lead a yoga class with a direct intention to activate each Chakra on your body, using some Asanas, Colors, Mudras, Pranayama, and Bija Mantras. Get ready with your body, mind and soul for this wonderful evening and understand and feel the importance of these wheels of energy on your body. All levels welcome. Use your yoga mat, sit on a pillow or chair. Come with comfortable clothes.

Please visit synergyyogamiami.org for more info on all the classes offered.

DISCOVER THE INVINCIBLE YOU! WITH VINCE BELLITTO SUNDAY, SEPT. 28 @3PM



At the age of 20, Vince Bellitto had a life changing encounter with death that led to a fierce, dedicated and passionate search for the essence of life and an understanding of why we are here as human beings and how exactly we function. This drive soon led to a profound and remarkable encounter with what he calls, The Central Axis of Being and The Universe, where he realized his own infinite potential and source of life which was the same source for all beings and all that exists.

He now seeks to empower and expand life throughout all humanity by sharing his experience, practical tools for transformation, coaching, training and speaking with individuals and groups. Vince believes firmly that all human beings are basically good and seeking good and that it is possible to restore their original innocence and align them to their invincible core which ultimately leads to a persons most remarkable and astounding life ever.

Discover The Invincible YOU! Vince Bellitto created The Invincible You Program as a powerful and accelerated way for you to activate your Invincible Core and receive the life changing education on The Magnificent 7 which are The 7 Components of Being and Keys To Empowered Transformation. This program is based on his Formula for Accelerated Performance: POWER – RESISTANCE + STRATEGIC ACTION = ACCELERATED PERFORMANCE. He has discovered and tested in himself and with many others that it IS possible to:

- Radically improve one's level of Power
- Develop Rock Solid States of Certainty
- Define an Intelligent Plan of Action
- and Accelerate the Manifestation of Your Dreams into Reality

His book, 'I Know My Purpose: We All Exist for a Reason, We All ARE a Purpose' is available at Amazon.com

Y DO YOGA? WITH ZAMANTA ARCHIBOLD SATURDAY, SEPT. 27 @4PM



Join Miami based Za Yoga teacher, Zamanta Archibold as she guides you through a spiritually powerful but lighthearted and fun practice. Discover why yoga is a wonderful way to create a consciously healthy and happy lifestyle. Share her passion for life in a series of postures that touches your heart and explore the principals of acceptance and compassion.

When we become aware of the energy force within us, we light up the universe in an exceptionally positive way. That brilliance is expressed in yoga through the union of self-energy with universal vitality. Let the rhythm of your soul beat completely through the flow of your heart.

Dress comfortable, bring a mat, a smile and an open heart.

Zamanta Archibold, a Panamanian born New York Interior Designer, began her yoga practice in the Dominican Republic in 2002, while pursuing her Black Belt in Karate. Although her roots began in Asthanga yoga, she received her certification from Swami Brahmavidyananda at the Institute of Holistic Yoga in Miami and is a registered yoga alliance teacher, E-RYT.

Learn more about Zamanta at www.zayayogalife.com

MANTRA POWER

BY SWAMI JYOTIRMAYANANDA

The glory of mantra is sung in every religion of the world. Even in the Bible, you will find, “In the beginning was the Word, and the Word was with God, and the Word was God.” (John 1:1) So too, the glory of Divine Name has been suggested in every religion. In India especially, repetition of Divine Name is more elaborately practiced and taught, and Yoga has given a very great importance to it. Japa Yoga, or the yoga of repeating mantra, is a very effective aspect of sadhana, or spiritual discipline, and is a powerful technique for attaining not only spiritual illumination, but also health and material prosperity.

Mantras and Their Meanings

Mantras have been presented by sages and saints as mystic formulas, and each mantra is packed with spiritual implications. A mantra yields two types of meaning: literal and mystical. Literally speaking, every mantra is a brief prayer. For example, “Om Namah Shivaya” means, “Adorations to Lord Shiva,” and “Om Sri Ganeshaya Namah” means, “Adorations to Lord Ganesh.” The scriptures state, “Mananat Trayate Iti Mantrah” — “If one were to reflect upon a mantra, it would save him from the world-process: the process of limitation, misery and repeated birth and death.” Mystically speaking, each mantra is also composed of root-letters, every root-letter having a subtle meaning or influence on the mind. The mantra, “Om Namah Shivaya,” for example, consists of various root-letters, each letter having a particular significance. “Om” is the symbol of the Absolute. “Na” refers to negation, while “Mah” refers to Mine-ness.” Therefore, “Namah” implies, “Negation of mineness.” “Shi” is the symbol of auspiciousness, “Va” symbolizes expansion, and “Ya” is the root-letter of the heart center and symbolizes communion with the Divine Self in the heart. Thus, as a practitioner of the mantra “Om Namah Shivaya,” you invoke the Absolute Self by the sound “Om,” and then having negated the sense of mineness, you ascend the steps of auspiciousness and expansion and enter into Divine Communion. Thus, through the literal meaning of a mantra you express your feelings, while through its mystical meaning you exercise the relationship that exists between verbal sound and mind.

Throughout the scriptures of Yoga, “Om” is emphasized as the basic mantra, the Mother of all mantras, and for various reasons is the mystic symbol of the Absolute. When you pronounce “Om” (spelled in Sanskrit “AUM”), with “A” the mouth is open and the sound comes from the bottom of your throat, with “U” the sound is shaped by your mouth, and with “M” the sound is produced by the lips. “Om,” therefore, suggests all the possible sound expressions possible for a human being.

The Art of Repeating Mantra

Repetition of mantra is an intensive form of spiritual movement, and therefore, there is a profound art behind it. Raja Yoga states (1-28), “Tat Japah Tadartha Bhaavanam” — “The Divine Name should be repeated with meaning and feeling.” When you repeat the Divine Name with an internal feeling of devotion, the mantra becomes much more effective.

Firstly, impress your mind with the fact that the name you are repeating is the Name of the All-Encompassing Reality. Then through the persistent repetition of mantra day by day, as soon as you begin to repeat your mantra, you will immediately calm down. The moment you introduce the Name of God to your mind, your mind will become so filled with the Divine Presence that it will be thrilled all over.

Mantra is much like sugar-candy given to a child, only this candy is not ordinary, but secret. Mantra is repeated secretly within your heart, and as you continue, you begin to enjoy the sweetness arising out of Divine Feeling. You increasingly promote the understanding that the name you are repeating is the symbol of God, the All-Compassionate, the Absolute Self that encompasses all.

You may choose any mantra according to your inclination, and it will be extremely beneficial to you. However, a very important part of Japa Yoga (the yoga of repeating mantra) is mantra initiation by a Guru. Through it, a mystic link is set up between the aspirant and the mantra. It is a spiritual process, impressing the mind with the mystic meaning behind the mantra. So, through initiation, you consciously and unconsciously establish the feeling that mantra is Divine and, through it, you are linked to God.

Although you may not always remember every letter and its meaning, your unconscious has picked up the deeper implication. Even repeated unconsciously, a positive force is created through the rite of initiation. Therefore, once your unconscious has that spiritual sensitivity, though you may think you are just mechanically repeating the mantra, it is never so. There is always an unconscious potency of the mantra.

Further, you must understand that the mantra into which you are initiated is not in conflict with any other Divine Name. Therefore, you can join in repeating or singing the Lord's Name in various ways, without ever developing doubt that other mantras may be better than your own. All mantras have equal potency. However, different mantras are given to different aspirants depending upon their personal attitudes, levels of evolution and inclination.

For more information on Swami Jyotirmayananda at the Yoga Research Foundation in Miami, please visit www.yrf.org



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