



Katy Taylor

Singing Meditation Attuning the Heart



Anna Vazquez

Sunday Dec. 18th, 7-8:30

St. Paul Yoga Center, 1162 Selby Ave.

Cost: \$10-15 suggested donation

How can you find the still point at your center in the midst of the chaos we call "holidays"? You can come to the St. Paul Yoga Center - a peaceful, candlelit space, providing warm tea for the throat, offering the healing sounds of cello, harmonium, song in community . . . and the ultimate gift of your own presence.

Singing Meditation is the practice of singing simple chants and rounds from different spiritual traditions and then dissolving into silent meditation between songs. Singing in this way can be a practice of coming home to our embodied selves as we allow the vibrations of sound to quiet our minds, open our hearts, and land us more deeply in our bodies, in the moment, physically present.

Words will be provided, all songs will be taught and repeated many times, and all are welcome (no prior singing experience necessary).

Katy Taylor is a yoga student, Enneagram teacher, and Interfaith Minister, who has always sung as a way to feel connection to the Divine. She has 4 CDs that include the music of 12th c. German Abbess Hildegard von Bingen, as well as her own celtic flavor and medieval devotional pieces. For more about her work, see www.thewingedheart.net.

Anna Vazquez, DMA, CYT, is a classically trained cellist who enjoys exploring where music, spirituality and healing overlap. Anna is also a professional yoga teacher, brainwave trainer and consultant. She assists with the healthy development of the body, mind and spirit in the quest to optimize human potential. www.brainwavevirtuosity.com