



AWAKENING VOICE/POWER OF LOVE 2024 SOUND SCHOOL LEVEL 1

Blessings to you, beautiful soul!

Thank you, and congratulations on listening to your inner guidance, by choosing to inquire about the 2024 Awakening Voice/Power of Love Sound School. I am so moved and grateful to welcome you. I have led about 25 of these beautiful Sound Schools as well as many retreats and classes around the world over the last 26 years, and **the Awakening Voice Power of Love Sound Schools are the thing I feel most passionate about in all of the offerings.** I love the Sound Schools because of the amazing transformation and profound experiences (and joy) that occur in them as we deepen together over the course of a year in a loving container, with folks participating as much or as little as they like or can at any time (with many people continuing year after year). What I continue to hear again and again, is how healing, how connecting, how powerful, stabilizing and helpful it was to have the community and practices especially at this time...*some just called it a “lifeline” in this unusual time.* And of course, you receive recordings of the practices and guided experiences to use when it is convenient or really helpful. The practices and experiences (and community) are not to help you become anything, but to rest back and notice the spacious Being that you are. *I am offering a special discount sign up opportunity for you for this program. The details are below.*

What is the Awakening Voice Power of Love Sound School and how does it work? The Awakening Voice Power of Love Sound School a powerful, supportive year-long community in which you experience the depth of nāda yoga (yoga of sound) through raga singing, powerful tantric and vedic mantra, as well as through cross-cultural healing techniques and songs from a variety of cultures and spiritual traditions. We build capacity to feel and live from our deepest truth, bravest hearts, and simplest peace. Clarity arises naturally. Breathwork, empowering voice exercises from east and west, deep meditations, shadow work, creative experiences, rhythm and a strong container of loving hearts bring us to a palpable and place of creative, spacious peace and bliss, and of course our spontaneous humor and belly laughs help us rewire patterns of limited perception, especially about ourselves.

All paths welcome: In the Awakening Voice Power of Love Sound School, we welcome and respect all spiritual paths. We feel our Source in the way most true for each of us. I lived in a Hindu ashram as a child that started me on my mantra and meditation journey, love the lessons of Jesus and Mary and attended church regularly with my grandmother, and spent time learning and practicing in a Buddhist Himalayan monastery. I have appreciated, learned from and shared in singing traditions of Jewish, Sufi and other indigenous traditions and love the solace of nature.

There are many paths to awakening to our true essence, and we can experience a loving, liberating vibration in any of them or none, according to our nature. In the sound school we learn feel, sense, and listen to the vibrations/medicine most beneficial in illuminating the consciousness and hearts of each of us.

Join us in person or online, or both, for your convenience, and receive recordings: We meet over the course of meeting for four weekends (that leave everyone in bliss!), 9 calls and special bonus programs. People sometimes find they have to miss a session, and that is fine, you also receive relevant recordings to enjoy at your convenience, though there is a benefit and joy

when you connect live with us. In 2024, I am offering both in-person and on-line options for sound school- so you can join us in whichever way works for you! Participants say that they are amazed how connected they feel to each other whether they are in-person or online, as we have for everyone to see and hear each other easily when they want to be seen and heard. After leading the sound schools for many years in-person, I was gratefully amazed at how powerful and connected the online experiences were from 2020-2023. Participants are saying, and I agree, that there is, in some ways an easier intimacy in our online gatherings, where one can fully express vocally and choose how much to be heard, and to meet in smaller groups etc., that allows for more connection, more freedom and ease in hearing.

One thing I love about the voice in chant in community as a medium of waking up, is it integrates the physical and the non-physical experience. The voice is a central healing/connecting/awakening instrumental in every spiritual tradition.

2024 Awakening Voice Power of Love Sound School 1 Program Includes:

As part of the 2024 Awakening Voice Power of Love Sound School Level 1 you will receive refined, welcoming, guidance, experience and support in:

- Sound tantra and tantric mantra with precise pronunciation and postures.
- Cross-cultural and shamanic singing for wellness.
- Nada yoga (yoga of sound), including raga and voice culture.
- Chakra Clearing/Tonification- palpable, clear practices in clearing and working with energy at level of our chakras and the 5 elements.
- Dream work- Gina, who lived and learned with Swami Sivananda Radha as a child, guides us in ways to understand and receive ongoing clear messages from our dreams and how to access that inner voice at other times.
- Breath work- discover how to use your breath to engage a sleep, or relaxation response or to access higher intuition.
- Support/techniques in sharing voice for those who want-kirtan, songs, speaking.
- Exercises in voice cultivation and voice empowerment and finding our essential voice.
- Shadow work (this can be very fun and helps us develop compassionate inner witness), as well as other integrating practices.
- Specific training in practices for “energy hygiene” – awareness and clearing.
- Practices and theory to deepen enjoyment and creativity in music and rhythm.
- Effects of various aspects of music on our physiology and wellness and much more and ways to cultivate ease in our own nervous systems any time.
- Other practices and offerings as they arise.

“These (sound school) weekends are the fastest way in the world to see palpable transformation!!” -A.B.

Awakening Voice Power of Love Sound School Program Schedule and Specifics:

The Sound School includes:

- **4 Weekend Hybrid Immersions:** Weekends are spaced throughout the year. Each session includes practices in sound, movement, experiential guided practices that you can continue. Practicing in community enhances the depth and focus of our practices, gives a very heart-warming sense of connection, and also helps us to learn and integrate from the practices of one another. ***I can now report after two years of online Sound School, that our immersions online have little or no “zoom fatigue”. There is plenty of time not looking at the camera and fun interactions to keep the energy moving.***

- **A Private Facebook Group:** Specifically for the 2024 first-year Sound School group, where you can share, pose questions and also receive feedback or other links. This will be monitored, and Gina and her team will also be active on it. It's a great way to stay connected, dialogue about questions or things you are noticing, or just to connect and share.
- **Access to Handouts and Recordings:** You will have to access sound and other files to support you in your sound school practices.
- **9 Online Midweek Zoom Sessions:** These calls are a great way to stay connected, and bring up questions, and enjoy shorter practices. They feature question and answer sections, practices in sound, meditation and breath work, nada yoga sessions and song shares, spaced throughout the year to help you feel connected and engaged on this healing, illuminating process of awakening in sound and community.
- **Mentorship with Gina Salā:** Ask questions, get feedback from Gina Salā She also offers discounted rate to sound school participants in hypnotherapy (certified), sound wellness, voice lessons, Sanskrit lessons and more.
- **Powerful Sangha:** A wonderful, heart-centered small community that really can feel connected in a safe, powerful container. Going deep together in sound is incredibly bonding, joyful experience. This is one reason why, in Buddhism, they talk about the Buddha (teacher), Dharma (teachings) and Sangha (community) as all being important on the practice of waking up to our Essential nature. The sangha that gathers is so beautiful and powerful, for beginning and long-term practitioners alike! Sound School participants often become deep soul friends, after experiencing such profound, authentic blissful times together.

Regardless of your path, your voice is medicine, is powerful and is unique.

I'm here to support you in allowing the power of your inner and "outer" voice to bring more wholeness, joy, empowerment, love, to yourself, and to those around you as you are called. You and your path are already holy and beloved.

I heartily welcome you to join us in the **2024 Awakening Voice Power of Love Sound School**. Details and sign-up information below!

2024 Awakening Voice Schedule and Details:

Weekend immersion dates:

- Special Session April 21st for those who still want to join
- Weekend 2 May 11th and 12th
- Weekend 3 Sept. 7th and 8th (Combined with Other Sound Schools)
- Weekend 4 Dec. 14th and 15th

Our meeting times are:

- Sat. 10am-5:00 pm PT
- Sun. 10am-2:00 pm PT

Special Sessions:

- We will have 3 very special combined sessions over the course of the year.
- Session 1 Sun. April 21st 4-6pm PT Raga Session
- Session 2 Wed. July 17th 4-6pm Yoga Nidra Session
- Session 3 Holiday Celebration TBD

Mid-week zoom sessions:

To begin with we will start our calls at 6pm PT and evaluate if they need to be at a different time depending on where folks are located.

- Midweek Session 1 Wed. Mar. 27th at 6pm PT
- Midweek Session 2 Wed. Apr. 17th at 6pm PT
- Midweek Session 3 Wed. June 19th at 6pm PT
- Midweek Session 4 Wed. July 31st at 6pm PT
- Midweek Session 5 Wed. Aug. 21st at 6pm PT
- Midweek Session 6 Wed. Sept. 18th at 6pm PT
- Midweek Session 7 Wed. Oct. 16th at 6pm PT
- Midweek Session 8 Wed. Nov. 20th at 6pm PT
- Midweek Session 9 Wed. Dec. 18th at 6pm PT

Cost of the 2024 Awakening Voice Power of Love Sound School:

The cost for Awakening Voice Sound School Level 1, the weekend sessions, 9 conference calls, 3 special sessions Q and A's, written and recorded materials \$2,220 for the year. A three-payment installment plan (3 equal payments) is also available, first payment of due upon registration before our first weekend, second and third payments due May 15th and June 15th, 2024 unless other arrangements are made. *If someone signs up through you who is not on my list, we like to offer you a \$150 credit toward your tuition! So please tell us if someone is signing up because of you!*

Refund Policy: *There are no refunds after the first class in the event you cancel or decide not to attend.* We understand that there are many calendar items sometimes to coordinate. If you have to miss an event, I will provide helpful materials for the sessions missed or other offerings. Even those who miss a weekend, have found the sound school very beneficial and continued. We hope you will, too!

To register for the Awakening Voice/Power of Love Sound School Level 1:

It's easy. Just contact Paul Henderson, my support person and business manager, and he will help you register and answer most registration-related questions. The registration form is attached. Paul can be reached at paul@ginasala.com. I'd also love to hear from you what drew you to inquire about sound school, any hopes and any questions that I may answer. You can include those in your note to Paul or write me at info@ginasala.com.

Please feel free to spread the word to anyone who may benefit or enjoy this spacious, transformative, supported time together.

Thank you again for your interest and please let us know if there is anything we can answer or help you with so that you can join us. All is possible. *I look forward to sharing a powerful year in sound with you*, and to the wonderful community that you will be part of! A reminder-*transformation can be fun! If you need a quick chat to connect about this, just write to us and we can also find a time!*

With so much gratitude, and blessings on your journey,

Gina

Hari Om Anantha (The endless, pervasive, sustaining vibration is endless)

About me (Gina Salā): A composer, vocalist, hypnotherapist and teacher, I draw from a lifetime of chant, beginning in my early childhood ashram years, time singing in churches and living in a Buddhist monastery in Nepal and my many returns to India since 1992 to study in Sanskrit mantra, dhrupad and other song forms. I have lead groups, long retreats, workshops and classes for over 25 years in empowering, sacred and healing sound, mantra, sound tantra, cross-cultural healing techniques, Sanskrit and more. Over the years, I have gathered and shared songs in 23 languages, sung at the U.N. and as lead vocalist for Cirque du Soleil, and still... *my passion is helping each of us experience the Magnificence and Love within us all through our own voices.*

A few testimonials about Gina Salā's teaching and Sound School- more available:

"I want to share with everyone one the most incredible experiences of my life - Sound School with Gina Salā. Joining this group gives me a place to show up and be nourished SO deeply, to be love, receive love, and revel in bliss with Gina's guidance to constantly find a way to find sweet simple transformation in song, in silence, in mantra, in witnessing the beauty of others. I cannot say enough about the gift that sound school is for me. Since you are in a group for an entire year, the depth of connection and relationships that are built are life-long and life changing. It is my secret place that I go to be nourished and deepen my personal practices at the same time, which is important because I also share and lead." K.W.

"Being in Gina's sound school is nourishing for my soul. The community she brings together is loving, compassionate, and uplifting. Gina conveys her vast knowledge of deep teachings in story and in song. She reminds us how all of our voices are instruments of the divine, and she has given me confidence to be heard." A.C.

"I so adore my time with Gina! She arrives with depth and awareness. In just an hour we cover a lot of vocal technique, but it came from a place of real connection as she listened and tracked what my voice was doing. It really amazes me that she can listen and know just how I am producing a sound and then give me guidance on how to shift that sound. She gives me an image or sensation to navigate toward and then again listens and helps me refine. During our session I heard and felt myself producing sounds that I have not been able to find before. It's really magical!" G.O.

"The Sound School weekends are life changing. I am so honored to spend such sacred time with you all again!" M.M.

"So very grateful to Gina Salā and her teachings... gifts and wonderful facilitation skills, and I wake up with new songs not born yet!" S.M.

"Gina's gifts are such a blessing to all. Sound School has enriched my life in so many ways, not the least of which are the friendships that are so nourished." J.R.

With Gina Salā, we learn, practice, and truly feel and share the power of Love through the vibrations of sound together." N.B.