



Vivekananda Yoga Anusandhana Samsthana VYASA

Offers

Vedic **Mantra** Chanting Classes (Mantra Madhurya)

The classes start on February 4th. 2012
4:00 pm to 5:00 pm

At Keshav Smruthi
4018, Westhollow Parkway,
Houston, Texas 77082.

For Details or Registration call:

281 352 8145 or 713 449 5260.
Email: vyasahouston@gmail.com

Art & Science of Vedic Mantra Chanting

1. **Reduces Anxiety and Depression** - By combining sound, breath and rhythm - balances our moods and creates an overall sense of well-being.
2. **Cleanses Body/Mind.** It increases radiance - sounds are electromagnetic vibrations. The entire universe is built on sound, which is nothing but vibration. Chanting mantras is a conscious method of cleansing our Body/Mind and tuning with nature.
3. **Boosts Immunity** – generates “happiness hormones”. It is perhaps the single most important link in the mind-body connection. It has positive effects on the parasympathetic nervous system - that part of the nervous system that tells us everything is alright. The healing response is triggered and it all translates into well-being, healing and stronger immunity.
4. **Eliminates Fear:** of uncertainty and unknown (old age and death). We begin to identify with the timelessness of the soul and consequently begin to shed neurotic habits that no longer serve and that no longer seem relevant.
5. **It is an Experience:** The benefits of chanting cannot be established through reasoning and intellect. It can only be experienced through devotion, faith and constant repetition of the Mantra.

Every Saturday: 4:00 pm to 5:00 pm
Starts on – Saturday February 4th-2012 at 4:00 pm

Fees - \$100

Course duration: Two months (Total 15 hours)