

# 4<sup>TH</sup> WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

September 17-18, 2018 | San Diego, USA



## *Acharya Mangalananda*

*Ma Sharanam Ashrams, USA*

### **The yoga of healing sound**

Acharya Mangalananda of Ma Sharanam Ashrams will present a class on the science of sound in the Yogic Tradition, manifested through mantras and chanting. Real healing comes from the inside out. Mantras heal, balance and awaken our inner nature, granting us a vibrant well-being. We will experience using sound vibrations inwardly in a meditative state by doing outward be chanting. We will also learn a Kriya for tuning the chakras to the Elements of Nature, allowing us to feel more of the unity of life. Be in a state of balance and poise.

### **Biography**

Mangalananda is an American direct disciple of the great woman Saint Anandamayi Ma (1896-1982), mentioned in Yogananda's "Autobiography of a Yogi". He has been connected with India and the Yogic Tradition for over 40 years. He lived in Anandamayi Ma's Ashram in India for twelve years, has lived with and studied with several of her greatest disciples. Since 2007, he has been sent by Ma Sharanam Ashram to tour Europe and the US, teaching classes and giving kirtan (sacred chant) recitals. He currently runs a small branch of Ma Sharanam Ashram in the SF Bay Area.

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