



If you go

What: A Voice Celebration Workshop with Deva Premal and Miten

When: 11 a.m. to 5 p.m. Sunday

Where: Kashi School of Yoga, 11155 Roseland Road, Sebastian

Cost: \$108 per person, which includes a vegetarian lunch

More info: 800-226-1008, ext. 112; www.kashi.org; www.devapremalmiten.com

Yoga school to host 'voice celebration'

BY KEILANI BEST
FLORIDA TODAY

Deva Premal was born into the yoga of sacred song and chant — literally. While she was birthed, her father, a prominent German musician and artist, was singing a powerful yoga mantra called the Gayatri Mantra.

She has been chanting it and integrating it into her daily life for as long as she can remember. It has also blossomed into a musical career for her, and she tours across the world, sharing her love for the yoga of sound.

Elizabeth Kubler-Ross, author of "On Death and Dying," requested that she and her musical partner, Miten, perform at her passing.

Both of them will perform in a "voice celebration" from 11 a.m. to 5 p.m. Sunday at the Kashi School of Yoga in Sebastian.

Sita Grange, director of public relations for Kashi, says the daylong event will include a vegetarian lunch, performances and chanting.

"She'll be talking about the sacredness of voice, the sacredness of sound," she said. "She'll be giving info about the history. The yoga of sound. It's not the physi-

See YOGA, 3E

Sebastian yoga school to host 'voice celebration'

YOGA, from 1E

cal yoga that we know of in America."

The yoga of sound involves chanting powerful mantras, affirmations and songs.

Grange says it dates to ancient times and it is the ancient vibration of sound.

"The sound starts with the 'oom,' and when you're chanting, the chakras (spiritual centers of the mind and body) open up in such a way that you can be one with God, and there's lots of stuff that happens through chanting

that allows you to receive God," she says. "The sacredness of sound brings you to your oneness with God."

Premal's music combines sacred songs from Indian, African and Native American cultures, and she says that those who attend the celebration can expect to experience silence, meditation, peace and healing.

"Just the physical act of singing is healing in itself because you breathe in a very deep way, and you basically get out of your head for a moment, and you're voiced in a moment-to-moment affair," she says. "The sacred ancient

chants themselves have power just the words alone."

Grange says those who plan to attend the workshop are welcome to come to Kashi the night before and listen to one of the school's teachers, Majaya, give a spiritual service and meditation and enjoy a vegetarian dinner.

The most important thing Premal wants attendees to take from the conference is the practicality of the practice of the yoga of song.

"You can incorporate it in your daily life and use the power of your voice to bring harmony into your daily life," she said. ■

Contact Best at 242-3784 or kbest@floridatoday.com.

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THE 5-MINUTE READ

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A SPIRITUAL MUSICAL PLANE
German-born Deva Primal
perhaps the world's most rec-
ognized singer of Indian meditat-
ive music, based on ancient Hindu
gas — she is a

Harvest Fest; New Age star performs

New Age star, an oxymoronic title because those who live and breathe spiritual, atmospheric music aren't interested in stardom.

Nevertheless, Primal and her partner, the musician Miten, have sold more than a half-million CDs. Their music and chants use sitar, bansuri, dotar, strings, piano, tabla, ambient electronica and other instruments.

Primal and Miten are giving a workshop and performance

Sunday at Kashi Ashram, 11155 Roseland Road in Sebastian. The workshop includes "Satsang: Meditation with Music and Chanting" from 11 a.m. to 12:30 p.m., followed by "Voice Celebration" (a concert) from 2 to 5 p.m. No musical experience is necessary — all you need is to be open to it.

The \$108 cost includes a vegetarian lunch. Call (772) 589-1403 to register.



New Age singer Deva Primal, right, and partner Miten perform Sunday at Kashi Ashram in Sebastian

Thursday, November 15, 2007

Weekend

SECTION D • FRIDAY, NOVEMBER



BILL DEYOUNG
ENTERTAINMENT

Note: This ran in all the Scripps Treasure Coast newspapers, including the Ft. Pierce Tribune, Port St. Lucie Times, and Jupiter Courier.