

# The Unified Field

## Yoga, Music & Neuroscience

with Dearbhla Kelly M.A. & Dave Stringer

Dublin 26 - 28 May, 2017



**St. Kevin's Community Centre 45 Bloomfield Ave, Wood Quay, Dublin**

**Cost: €295 register by May 1 / €375 register by May 26**

**Info & Registration: [lisaquish@gmail.com](mailto:lisaquish@gmail.com) / [durgayoga.com](http://durgayoga.com) / [davestringer.com](http://davestringer.com)**

Explore the non-dual philosophy at the heart of yoga, through the lenses of neuroscience, asana, pranayama, chanting and meditation. From the perspective of Eastern philosophy, the bliss we are seeking is already inside of us. From the perspective of modern brain science, this is also a true statement. Asana, Chanting and Pranayama affect the areas of the brain that create our sense of where our body ends and the world begins. They also slow and steady breathing, producing hormone and neurological changes in the body that feel simultaneously calming and thrilling. Ecstasy is both the process and the product.

## THE UNIFIED FIELD: Yoga, Music and Neuroscience

Explore the non-dual philosophy at the heart of yoga, through the lens of neuroscience. Experience how it is expressed through the practices of asana, pranayama, chanting and meditation. Extend your understanding of the benefits of yoga practice: equanimity, self-mastery, freedom and ecstatic embodiment.

From the perspective of Eastern philosophy, the bliss we are seeking is already inside of us. From the perspective of modern brain science, this is also a true statement. To the scientist, bliss is a chemical state that the body itself produces, and it is a state that we are apparently hard-wired to seek. The practices of yoga are one of the world's oldest means of finding it.

Asana, Chanting and Pranayama affect the areas of the brain that create our sense of where our body ends and the world begins. They also slow and steady breathing, producing hormone and neurological changes in the body that feel simultaneously calming and thrilling. Ecstasy is both the process and the product.

### Topics covered:

- Why neuroscience matters for yogis
- Basic anatomy of key structures of the brain and nervous systems
- The science of emotional and spiritual experiences
- How asana, music and meditation influence and alter our perceptions, mind and spirit
- Essential mantras and their meanings
- History, mythology and philosophy of *Kirtan*
- Survey of yoga philosophy: *Patanjali*, *Shankaracharya*, *Vijñana Bhairava Tantra*
- Mystics in the yoga tradition: *Kabir*, *Mirabai*, *Tukaram*
- Yoga techniques for empowerment, resilience and flourishing

### Objectives:

- Build confidence incorporating yoga philosophy into your classes
- Learn how to use music and mantras in asana classes
- Deepen your comprehension of the practices of yoga as tools for optimizing physical and emotional health and reducing suffering
- Cultivate discernment
- Find your authentic voice as a yoga teacher

**Schedule:**

Friday, 26 May

18:30 - 21:30hrs (3 hours)

Saturday, 27 May

09:30 - 12:30 (3 hours)

14:00 - 17:00 (3 hours)

20:00 - 22:30 Kirtan evening program \* (2.5 hours)

Sunday, 28 May

10:00 - 12:00 yoga class with live music \* (2 hours)

12:00 - 13:30 (1.5 hours)

\*Kirtan and Yoga class with live music are included as part of the workshop, but also open to the public as separately ticketed events.

**Location:**

St Kevin's Community Centre  
45 Bloomfield Ave, Wood Quay, Dublin

**Cost:**

**€295** when paid by May 1, 2017 / **€375** when paid by May 26, 2017

A **€100 deposit** is requested to hold a reservation.

Payment to [dearbhla@runbox.com](mailto:dearbhla@runbox.com) Info: [dearbhla@durgayoga.com](mailto:dearbhla@durgayoga.com)

**Course Facilitators:**

***Dearbhla Kelly M.A.*** is a Los Angeles-based writer and yoga teacher. Born and raised in Ireland, she began her academic training in Amsterdam and received degrees in philosophy in Dublin and Chicago. She is particularly skillful at marrying the more esoteric teachings of yoga with modern scientific insights and the practicalities of everyday life. Dearbhla teaches yoga, philosophy and neuroscience workshops and trainings worldwide.

<http://www.durgayoga.com>

<http://www.elephantjournal.com/author/dearbhla-kelly/>

***Dave Stringer*** is a Grammy-nominated producer, singer, and composer. He has been profiled as one of the most innovative artists of the new Kirtan movement in publications all over the world. His sound marries the transcendent mysticism of traditional Indian instruments with the exuberant, groove-oriented sensibility of American gospel. An articulate and engaging public speaker, Stringer probes the dilemmas of science and spirit with a wry and unorthodox sense of humor.

<http://davestringer.com/>



## Press:

Link to **Sage Magazine article** "Sex, Drugs and Kirtan" by Dave Stringer and Dearbhla Kelly exploring the neurochemistry of chanting:

[http://issuu.com/sagedigitalmagazine/docs/sage\\_magazine\\_issue\\_8/31?e=8891768/11221047](http://issuu.com/sagedigitalmagazine/docs/sage_magazine_issue_8/31?e=8891768/11221047)

Link to **LA Yoga article** "Karma is Chemistry" by Dearbhla Kelly:

<http://www.durgayoga.com/pdf/Karma-Is-Chemistry.pdf>

## Participant Feedback:

- *"I can't say thank you enough for the course. It opened up my eyes to many things and was without a doubt, my favourite course to have completed so far in my yoga teacher journey."* – Rebecca Barrett, Sydney AU
- *"I just wanted to show my gratitude for the amazing course you held, it was a 'long' sought combination of spirituality and science I haven't found before."* – Johanne Larsen, Sydney AU
- *"The classes... opened my eyes to whole new level of yoga learning and philosophy."* – Erica McLoughlin, Sydney, AU
- *"Thank you so much for your beautiful teachings. I'm so grateful to learn this knowledge."* – Cat Quilla, Sydney, AU
- *"Dearbhla's articles are some of the best articles I have read so far because of the high science level combined with a high level of spirituality. She gets a lot of the scientific knowledge in there gracefully intertwined with great writing skills and yoga spirituality. I just want to say thank you for inspiring me!"* – Johanne Larsen, Sydney AU

# Kirtan with Dave Stringer

Special guests:

Rónán O'Snodaigh

Mari Kennedy

Jack Harrison

Robert Phair

Saturday

27 May, 2017

8:00 PM

Bring a cushion for floor seating



St. Kevin's Community Centre 45 Bloomfield Ave, Wood Quay, Dublin

€20 advance / €25 door

Info & Registration: [corushka@live.ie](mailto:corushka@live.ie) / [davestringer.com](http://davestringer.com)