



LAKSHMI SANTRA

will be in La Roche in Gruyère
in the Chalet St-Paul (www.chaletstpaul.ch)

from 8th to 13th August 2016

with the participation of the table player

LUCA CARANGELO

With a beautiful voice, a immense heart, Lakshmi brings us in a world of light, contrast, vibrations,
a world of devotion, love and gratitude.



THE VOICE FREES THE BODY
TOUCHES THE SOUL
ALLEVIATES THE HEART

The singing menu of this week will be...

Exercices to open and stabilize our voice, allow it to be more fluent, stable and in tune...

We will practice : breathing, the different modes (scales) of the
Hindusthani system, the rythme (taals), some ragas and there "rules"...
We will sing mantras, bhajans and enjoy the beauty and colorful world
of this wonderful devotional music.

The food Menu of the week will be.....

vegetarian, mainly organic,
delicious, creative and joyful! made by Joanna.

Price for the week : Fr 1.150.- all included

Inscriptions : Cate Wallis : www.taichido.ch walliscate@gmail.com

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