

Sound of Yoga

Joy · Relaxation · Rhythm

The way to inner freedom

EMILY HESS



phi

Verlag Peter Hess

Content

Foreword by Remo Rittiner	8
Foreword by the author	10
My own Sound of Yoga path	12
From dancing to yoga	13
The deepest level of joy and satisfaction	14
Structure of the book	15
Introduction: Sound of Yoga – the way to inner freedom	17
Tame the horses, soothe the spirit	19
Sound of Yoga by Emily Hess	20
Joy! Ease! Humor!	21
Sound of Yoga and its individual elements	22
The sound massage, the heart of Sound of Yoga	25
Encourage soothing vibrations	26
Multiple effects of sound massage	28
Sound of Yoga meditation	29
A calm mind	29
Field of application	31
Sound of Yoga relaxation	32
The advantages of Sound of Yoga at a glance	33
Sound, yoga and mantras – a magical connection	34
Sounds and vibrations	35
Harmonic and disharmonic sounds	37
Tone and sound – differences and peculiarities	38
The phenomenon of overtones	40
Mantras, holy syllables for our well-being	41
The primordial sound OM and the unity experience in the Upanishads	42
OM in Sound of Yoga	43
Mantras and Indian goddesses	45
Your own sound and the resonance in the body	47
The positive effects of Sound of Yoga on the senses and on the flow of energy	49
Increased perception	49
Flowing energy	50
Sound of Yoga and Chakras	51
Overview table chakras	54

The sound bowls	56
The pelvis bowl	56
The heart bowl	57
The solar plexus bowl	57
Sangha meditation sound bowls	58
The ideal play of the sound bowls	58
The right base	59
Holding the sound bowl	59
The sound bowl on the body	60
The ideal mallet	60
Playing the sound bowls	62
Strength and frequency of the sound	63
Sound of Yoga and yoga	64
Classical yoga routes	66
Raja Yoga - the royal path	66
Jnana Yoga - the path of knowledge	66
Karma Yoga - the path of doing	66
Bhakti Yoga - the path of love	67
Modern yoga routes	67
Vinyasa Yoga	67
Integral Yoga - Sivananda, Aurobindo	68
Yin Yoga	68
Distinguishing into passive and active yoga styles	69
Special yoga in Sound of Yoga	70
Asanas for individual and pair work	71
Ten helpful tips before you start with your Sound of Yoga practice	72
Sound of Yoga for you	73
Standing Forward Bend	73
Seated Forward Bend	74
Crocodile (Reclined Single Knee Hug Twist)	75
Half Butterfly (version 1) (Seated One-Leg Forward Bend)	76
Half Butterfly (version 2)	77
Turtle	78
Seated Easy Twist	79
The Sounding Mountain (Standing)	80
Straddle	81
Cobra	82
Half Swan	84
Final Relaxation	85

Sound of Yoga for couples	86
Overcome conflicts with sounds	86
Provide mutual support	87
Seated Forward Bend	88
Sleeping Swan	90
Cow / Cat	92
Heart Opener	94
Fish	95
Cat (Variation)	96
Standing Horizontal Eight	98
Yogamudra	99
Imaginary journeys for couples and groups	100
The use of high sounds	102
The use of low sounds	103
Before the journey begins	103
Instruction texts	104
To arrive	104
Your inner island	105
Visit to the temple of love	108
Sound of Yoga meditations	111
Sound bowl meditation in a lying position	112
Sound bowl meditation in a sitting position: To draw stress out of the ears	113
Meditation through the elements	114
Svetaketu meditation with sound bowls	116
Meditation of trust with sound bowls	120
Appendix	122
Research results	122
Training recommendations	122
Literature recommendations	123
Music recommendations	124
Acknowledgements	125
About the author	126
Emily Hess® sound yoga seminars and retreats	127
Imprint	127



Foreword by Remo Rittiner



*W*ith great joy I'm writing an introduction to this book, which I was already able to participate in, with great joy. It now lies in its finished form in front of me and I am amazed about what Emily Hess has accomplished with her unique, playful lightness.

I met Emily Hess in one of my yoga teacher training courses and appreciate her work since then. Her vision to connect sound and yoga appealed to me from the very beginning. Through her openness and hospitality, I was able to get to know this wonderful, magical connection in the Peter Hess Center®. Right from the first session, I was enthusiastic about the numerous positive effects of the Sound of Yoga, which are described in detail in this book.

The sounds invite the mind to listen carefully. Breath and body can relax and open themselves to the wisdom that reveals itself in deep relaxation and silence. Sound of Yoga combines two wonderful effects: relaxation and conscious perception of harmony.

It is no coincidence that Emily Hess became a pioneer and developed Sound of Yoga, her very own direction of yoga. In her own introduction she describes the development of Sound of Yoga by Emily Hess through the important components of her life: dance, yoga and sound. Thanks to her long-term experience with sound and yoga, she has been able to integrate massage, relaxation, and meditation into her Sound of Yoga system

in an intuitive way. Her courses are characterized by joy, ease, and deep immersion. With her playful nature and sensitive imaginary journeys, she invites her participants to rediscover their inner child, which is a great gift for every human being.

In this versatile book, Emily Hess conveys the various possibilities and effects of Sound of Yoga very impressively. The sound bowls and the way you play them are presented in such a visual language that you can almost hear their sound while reading, and you can hardly wait to experience Sound of Yoga yourself. The book is a wonderful introduction to Sound of Yoga but it also helps to deepen the knowledge about the theme. The very special thing about this book is that Emily Hess - like a sound bowl - resonates with all these great exercises, which she introduces to us in this book. Sound of Yoga can be integrated wonderfully into yoga lessons. It is also excellent for therapeutic yoga, as a number of yoga therapists trained by me have successfully experienced. Dear Emily Hess, thank you for this wonderful book, it will inspire its readers and touch them in their heart. May it help many people to be healthy and happy.

Remo Rittiner · Ayur Yoga Therapy Instructor
December 2015 · www.ayuryoga.ch



Asanas for individual and pair work

The sound is the
language of the angels.

Scottish saying



Sound of Yoga for you

Standing Forward Bend

Instruction

Stand upright on the yoga mat. The feet are as far apart as a hand could fit between them. The weight is equally distributed on both feet. Your pelvis is erected and your shoulders are relaxed. Give yourself a smile.

The sound bowl is placed on your toes while mallet lies next to the sound bowl.

Bring your stretched arms over your head while breathing in. Bend the upper body with initially straight back and extended arms and hands forward while exhaling. Let yourself sink to the ground as far as possible. The head remains between the arms and extends in the spine. Now take the mallet in your hand and play the sound bowl towards your body. Feel how the vibration of the beat slowly rises up your body. Play the sound bowl several times in this position and let yourself be satisfied by the sound.

To get up again, bend your legs a little and roll up vertebra by vertebra from the force of your thighs.

Tip:

If you can hold the position longer, about three to five minutes, the lower lying fascial tissue is circulated more effectively.



Emily Hess® sound yoga seminars and retreats

The Emily Hess® sound yoga seminars and retreats will take place at the Peter Hess® Institute in Germany and the following Peter Hess® academies abroad:

- Belgium/France · www.peter-hess-academy.be
- Denmark · www.nordlys.dk
- Germany · www.peter-hess-institut.de
- Finland · www.medi-sound.fi
- Greece · www.ixos-masaz-therapeia.com
- Netherlands · www.klankpraktijk.nl
- Portugal · www.peter-hess-academy.compt
- Switzerland · www.ein-klang.ch
- Spain · www.christine-heckel.com/de

Imprint

English edition of the German title „KlangYoga“, published by Windpferd Verlagsgesellschaft mbH, Oberstdorf, 2015

© Verlag Peter Hess 2019 (e-book version, 2018)

Author: Emily Hess

Photos: Axel Hebenstreit, Archive Peter Hess® Institute, Anna Avramidou (S. 36), „Foto und Bilderwerk Oldenburg“ (p. 65, 77, 113)

Translation: Laura Bäck

Layout: Sandra Lorenz

ISBN: 978-3-938263-32-7

www.verlag-peter-hess.de

Important note

All the advice and exercises from this book have been researched carefully, checked and tested in practice by the author. However, no guarantee can be given.

A liability of the author, or of the publishing house and its representatives is excluded.

„Peter Hess®“ and „Emily Hess®“ are protected brands throughout Europe.