

# Healing Passes

## Yoga and Breathwork

*The Healing Pass is a unique therapeutic form of yoga designed to integrate body, mind, and spirit. The aim of Healing Passes is to integrate the five major pranas within. The Healing Passes help to connect inner sound to breath, and breath with movement. Cultivating this keen awareness is the way of Wise Earth Practice. In this highly practical yoga training, you will learn to breathe and move and express inner sound in alliance with the greater cosmic energies, strengthen your two main channels of breath, and restore memory and health. Maya Ma tells us that Primordial Sound gives rise to prana, and it is prana that evokes posture.*

## Play Yoga™ for Children

*Play Yoga™ in the Wise Earth Tradition is a gentle, ebullient form of yoga developed specifically for children by Swamini Mayatitananda. Play Yoga™ works in accord with nature's rhythms to help children reclaim their innate ability to be joyous and playful.*

*In this unique school of yoga, children learn to flow in harmony with nature by emulating the natural movement of the animal – cat, tiger, lion, frog, ostrich, cobra, butterfly, crane, lizard, crocodile – they learn the flow of the five elements of nature by posturing - wind, tree, water, earth and the animals.*

*Play Yoga™ is a Wise Earth creative educational program for children that releases joy, reclaims innocence, develops confidence and cultivates well-being.*

## Surya Namaskara: Sun Salutation

*Surya Namaskara (Sun Salutation) is a dynamic form of yoga practiced in a series of postures which emulate the rhythms of the sun and honor solar energy within and without. These postures are linked together to create seamless coordination of breath and movement which strengthen the heart and the body's circulation. This classical sequence of postures developed by ancient yogis is an excellent practice for harnessing the immense powers of the sun. It offers a great work out for the body and makes the mind tranquil and the heart strong.*

*This sequence of postures is centered on seven classical landmark postures.*

## Women's Health Care

*These courses give an in-depth understanding of Ayurvedic self-care for women's health in the Wise Earth tradition. In this highly participatory program, you will learn how to bring your monthly cycles in accord with the new moon and to administer the appropriate home therapies and remedies to help alleviate women's health conditions. Wise Earth education restores long-forgotten lunar rhythm-oriented tradition of the Vedas specific to a woman's well being and these courses will give you the knowledge and skills necessary to help you recover good health.*

# **Nutrition**

## **Health and Wellness**

*Food, Breath and Sound is a unique Ayurvedic practice of nurturance, health and spirit. This path of practice explores the timeless lifeways of nature's three templates: food, breath and sound, and demonstrates how you can practice these sacred principles to cultivate excellent health for you and your family. In this extraordinary practice, at-risk community members learn to cultivate health and wellness through pounding grain, grinding spice seeds, cutting vegetables in accord with their life-lines, organically planting the good earth. They learn to listen and hear the sounds of their inner self and to heal themselves, nature and all things. The aim of this path is to help you gain inner harmony, self-sustainable, and a healthful life and to live in accord with Mother Nature and her seasons.*

## **Sound Healing**

### **Vedic Chanting**

*Vedic Chants performed in the Sanskrit sound medium is the most powerful means of healing through cosmic vibrations. Ancient tomes of Sanskrit chants have been preserved and handed down in the oral tradition of the Vedic culture from many thousands of years ago. The Vedic seers (Rishis) recognized the language of the structure of the cosmic vibrations from which the entire universe is manifested and through which it is sustained. Sound vibration is a manifestation of life energy called prana and this prana is the wellspring of self-healing. Trained in the powerful Veda Vyasa lineage of the oral tradition of her spiritual Vedic forbearers, Mother Maya teaches the Vedic chants with their original Sanskrit meters and transmits these powerful vibrations to her disciples and students.*

## **Japa Meditation**

### **For inner harmony**

*Japa Meditation is beneficial to everyone. It is a powerful meditation practice to cultivate inner harmony. Through meditation we may attain oneness with pure consciousness. Japa is an ancient Vedic practice for bringing serenity to the heart and mind. Through practicing Japa, we ward off negative thoughts, emptying mental impurities from the mind. Japa meditation is a profound practice for the present time of challenges and disasters. Through cultivation of inner peace and harmony, we are able to attain prosperity, security, joy, friendship, and love within and without.*

*In the Wise Earth tradition of instruction, Japa is practiced with a Japa mala, or rosary containing 108 beads. The beads are symbolic of our individual experiences. We touch on one bead at a time as we repeat a specific mantra and move forward to complete the beads on the mala. Repetition of the mantra generates deep vibration within the heart, cultivating profound peace and silence within the self.*