

experience the synergy of music & yoga asana

with dave stringer (usa) & julie gargano (prana house, melbourne)



thur 11 march 2010

7.30pm-9.30pm

at

prana house

\$30

bookings essential
[limited spaces]



Music and yoga asana flow together with extraordinary grace. In this class, a collaboration between yoga teacher and dancer Julie Gargano, singer / multi-instrumentalist Dave Stringer and percussionist Doug Brush, yoga practice is transfigured into art, and the yoga practitioner into artist. Breathing together and moving together, body, spirit and expression unite. In this special workshop, you're not just looking at or listening to the art, you are the art! Ecstasy is both the process and the product.

about dave stringer (usa)

Initially trained as a visual artist, filmmaker and jazz musician, Dave Stringer began practicing yoga and studying eastern music when film editing work brought him India in 1990. Stringer's sound marries the transcendent mysticism of traditional Indian instruments with the exuberant, groove-oriented sensibility of American gospel, and he is regarded as one of the most gifted singers in the emerging Yoga music genre. Based in Los Angeles, he has previously created music for yoga classes on tour with John Friend, Shiva Rea and Seane Corn. www.davestringer.com

about julie gargano (australia)

Julie Gargano is the founding director, creator & designer of the stunningly beautiful Prana House, yoga & wellbeing sanctuary. Her extensive background in the areas of body, mind & spirit include work as a professional ballet dancer, violinist, yoga teacher and spiritual healer. Julie's 19 years of yoga & meditation include Iyengar Yoga, Arhatic Yoga, Amrit Yoga & Amrit Yoga Nidra, Pranic Healing & esoteric studies with Claire East. Julie is the first exponent of Amrit Yoga in Australia, having trained directly with Yogai Amrit Desai (USA), originator of Amrit Yoga, 'meditation in motion'. www.pranahouse.com.au



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