

# Sound of Yoga

Joy · Relaxation · Rhythm

The way to inner freedom

EMILY HESS



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Verlag Peter Hess

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## 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  
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# 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:

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### 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.

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