

SOUND & SILENCE

w. TAMO of Heading OM Yoga & PETER ADRIEL

July 24th .. 5-6:30 pm .. Namaste Yoga Center .. investment: \$20

907 Clock Tower Drive : Springfield, Illinois : (217) 698. 8177 : www.namasteyoga.com

Nada Yoga means union through sound & is the ancient spiritual art & science of inner transformation through sound & tone. "Meditation on sound is one universal path to Self Realization, accessible to anyone, & appropriate for people of any religion or spiritual aspiration." ~David Gordon

Sound & Silence is a collaborative sound experience created by Tamo & Peter with the intent to raise yOUR vibration & awareness with the practice of creating sound, listening & observing silence.

Experience a practice of gentle movement, chanting ancient seed sounds & mantra, experience the healing resonance of singing bowls, integrate the sweet sound of NOW inspired Midwest singer/songwriter Peter Adriel & observe moments of silence with meditation practice. This sound experience is designed for beginner mind ... just as you listen to music, listen to what comes up in silence from with-in.



Tammy's tribal roots tap hOME in Peoria, Illinois where she is the visionary & activator of cOMMunity union practice at Heading OM Yoga, an earth conscious practice space with global & cosmic union in vision. In her practice she raises the vibration of yoga cOMMunities with artistic integration of creative intent & visioning, chanting, asana & meditation practice, yogic philosophy & the healing art of Traditional Thai Yoga.

There's no place like OM .. AWAKEN! www.headingom.com

Peter Adriel employs a homemade Stompatron, Parker Fly guitar, harmonicas, & a distinctive voice to create a clear & resonant groove. Peter also collaborates with various bands & musicians in Illinois & abroad. Born in north Indiana, raised in Paraguay & Illinois, & educated in Maine, California, & Australia, Peter Adriel brings fresh energy & perspective to folk stages, theaters, rock and roll bars, & festivals in the US midwest & beyond. www.peteradriel.com

