

SvaraYoga

PREMISE

This project arises from the encounter of a musician passionate for yoga and a yogi passionate for music.

This is a sharing of skills and experiences with the intention to create something that promotes well-being, art and beauty.

Yoga

“Yoga is a personal journey, a search within oneself to find inner resources, get to know them and activate them.

Yoga is a highly introspective discipline acting on the body. Yoga is not “relaxation” or “positive thinking” as those who do not practice it are led to believe.

According to Yoga’s principles, body is a temple (...) requiring care to be kept in its harmonious form. If over time we have neglected it, by practicing Yoga, we can always restore its primitive harmony (...).

The term Yoga means union, connection between the materiality of the body and the spirituality of Self.

Breath has the leading role in this process. The slow and conscious breathing pervades the mind, interrupts the background noise and suspends the flow of thoughts that agitates and distracts.

As breath invades the mind, mind and breath invade the body bringing to life” (translated from Luisa Azzerboni- Intrecci- Edizioni Officina della narrazione, 2013)

SVARA

In Indian music notes are called Svara (...), literally “what shines for itself” but also “to sound”. Therefore, the word Svara contains both the concept of light and sound. This correspondence often occurs in history when the union of light and sound recalls the the act of creation: light piercing darkness, sound vibrating to set the universe in motion and ultimately representing the original Word.

“As Dante Alighieri once said symbol Paradise is made of light and sound. A symbol of perfection” (Translated from Anselmi E. – History of Indian music – Vicenza Conservatory of Music, 2010)

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