



By Marina G. Canteli

---

# Voice and movement energetics

---

# About me

Marina G. Canteli



I have been teaching yoga and mantra yoga since 2005. I am certificated teacher in vocal yoga (Heather Lyle) and I have studied Hindustani classical music for six years. I am a Kirtan practitioner.

This work is an integration I did from all my teachers. Is part of who I am and love teaching.



My training:

- Lonavla Hatha Yoga Institute Buenos Aires, Argentina.
- Leslie Kaminoff - Yoga Anatomy Principles and Practices (online).
- Heather Lyle - Vocal Yoga
- Yoga of the Voice - Vox Mundi Brasil, Alba Lirio.
- David Frawley - Yoga, Ayurveda, Mantra and meditation (online).

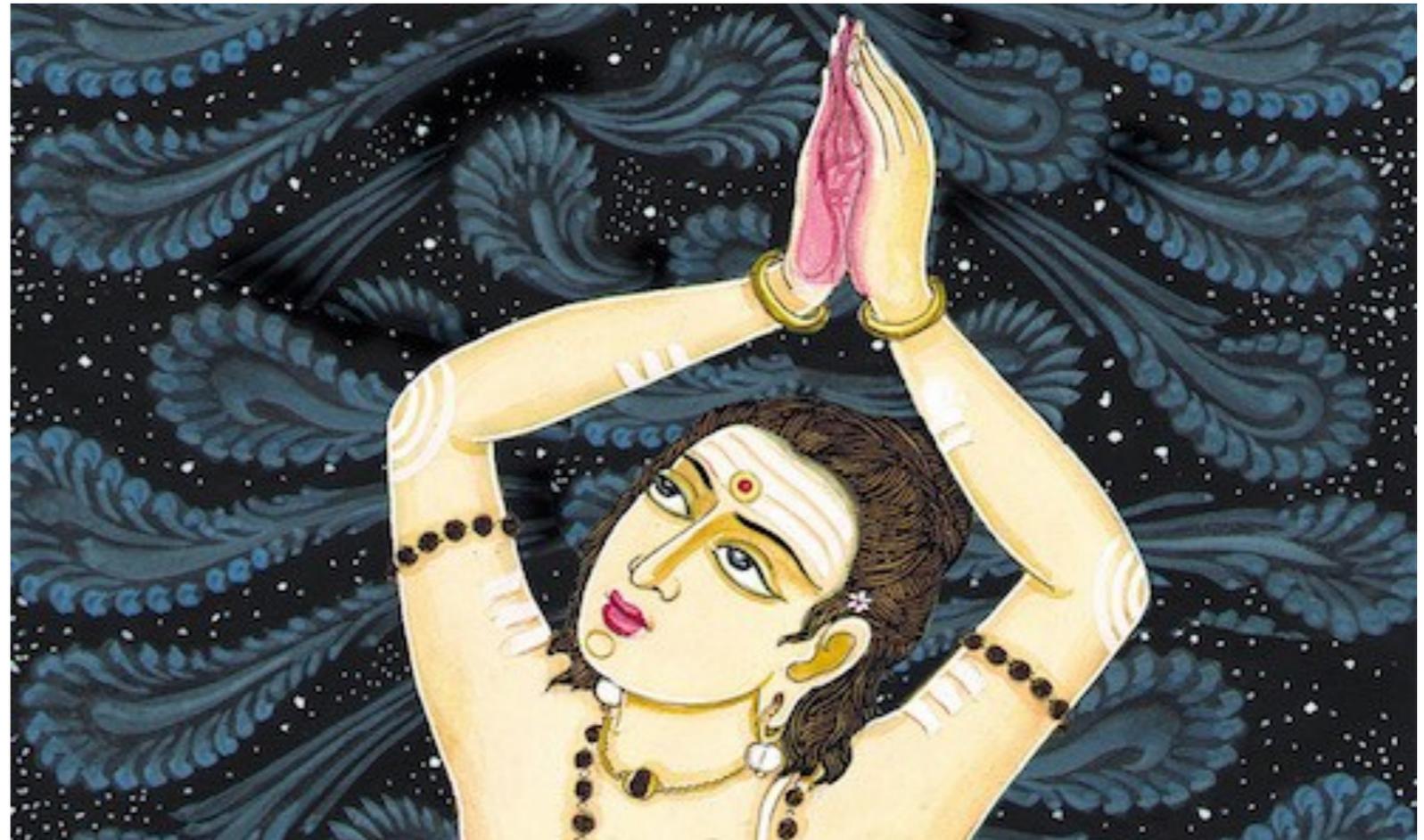


This work that I present is an exploration of the vibration of the vowel sounds from the energy point of view according to the vision of the vedas in asana that focus on the breath.

Vocal practices in conjunction with yoga postures have the following benefits:

- They intensify the practice.
- They focus attention.
- They deepen the exhalation.
- Increases circulation in the organs.
- They balance emotions.

The sound creates internal vibrations that increase circulation in different parts of the body. Before movement in asana, breathing begins, it will produce a natural movement of the spine, and the action of the posture is coordinated with the movement.



This time and for a matter of time, I will only be working with the five main vowels of the Sanskrit alphabet of the 16 that compose it. Vowels are considered the energies of consciousness, represent the spirit principle or purusha, the essence of sound, while consonants are the material energy or prakriti, and limit the pure vowel sounds in particular ways. While vowels represent eternal powers, consonants are forms that manifest them over time.

The intention of this sequence of postures that I present in conjunction with the work of the voice is to prepare the body and mind for the practice of meditation. Although for many people with whom I have worked, agreed that the practice itself is a movement meditation.



## **Exploring the 5 energetic movements**

Breathing, spinal movement, and voice

# Extension

## Expansion to the source

- Reduction of the primary curve and increase of the secondary curves. Energize the system.
  - It's about the experience of opening the front of the body.
  - Tends to make most people want to inhale and the arched body position is better for low notes.
  - Sound: "A", pronounced in the back of the throat, vibrates the neck, lungs, heart and body, dragging energy in and down. It is the sound of expansion.
- Inhale in flexion and exhale while you chant Aaaaaa in a low pitch.





# Axial Rotation

## Unify and Integrate



The rib cage is displaced starting at T11-T12 (floating ribs, have no limitations to rotate). The lumbar vertebrae do not twist.



Adjusts the relationship between shoulders, pelvic floor, and spine. Strengthens and stretches the deep and shallow muscles that connect the head, shoulders and arms, and the pelvis and legs to the spine.



Compresses and stretches each hemisphere of the chest, stimulating breathing. It's good for exploring midtones.



Sit cross-legged or in half lotus on the floor or just sit on a chair. Put your right hand on your left knee and your left hand on behind you as you twist to the left. Keep your chin parallel to the ground and let the head follow the twist of the torso. Sound "eeeeeee" in a middle range tone. The "e" vowel Sanskrit sound serves to unify, helps to integrate body, mind and spirit.



# Lateral Flexion

## Stability and elasticity



Of all the movements, it is the one that is best distributed throughout the spine. Small rotation of the lumbar spine, concave on the internal lateral side and convex on the external lateral side.



They build strength and stability in the musculature of the spine, rib cage, shoulders, and pelvis; They help maintain the elasticity of the rib cage and help balance the asymmetries of these areas of the body.



The upper side of this posture is more expanded and the rib cage is more open. As you inhale, become aware of the contracted side of your rib cage. Create a little more awareness on the underside, preventing compression collapse.



Lift your left arm up in the air and arch your body over your right knee as you look up. Hold the stretch and breathe into the left side of your ribcage. See if you can get the breath to open the costal muscles between the ribs that are facing toward the ceiling. After your inhalation, chant “uuuuuuuu”……. Do the other side.

U: pronounced with the lips and vibrates the face or the external manifestation, directing the energy outwards. It is a sound of alternation between expansion and contraction. Create a powerful energy field that can serve as both a creative matrix and a protective shield. It is undulating.



# Axial Extension

## Going to the inside



Simultaneous reduction of both the primary and secondary curves, lengthening the spine. Decreases the shape change that is available in the respiratory system.



Breathing is deep into the body. Not at the volumetric level of the amount of air you can inhale or exhale.



Sitting on the floor or in a chair, raise your arms up and bring your chin up to your sternum. Observe your breathing in conjunction with the movement of the spine. How does breathing affect the movement of your spine in this pose?



Sound: interior silence





## **WE CHANT “OM” ALTOGETHER IN BHRAMARI MUDRA OR THE "buzzing bee breath**

Bhramara means a black bumblebee. Sit in a chair and close your eyes. Bhramari pranayama is practiced by raising the elbows to shoulder level and putting the hands on the face in a position called sanmukhi mudra. Put your forefinger on your eyelids to block out light and the middle finger on the bridge of your nose, touching the finger above, to assist in blocking out light and to help you feel vibration on the bridge of the nose when you begin chanting. Place the ring finger on the side of your nostrils, and lightly press to slightly close the nasal passages. Let the pinky rest on the skin above your mouth and press your thumbs against the flesh at the front of the ears to close out external sound. Slowly inhale through the nose, filling the lungs from the bottom up. Instead of exhaling breath, hum a comfortable tone with the mouth closed, keeping space between your back teeth, until your lungs are empty. Repeat. Feel the vibration of sound on your face and inside your mouth. Listen to the sound within your head and enjoy.

**Sound of OM:** "o" represents the unmanifest and manifest brahman. It makes our energy open, expand, ascend and unify. And "m" is anusvara or the resonance medium. It contains the power of all consonants within itself. Holds, magnifies, and supports the power of the mantras. It pushes the energy inwards.