



## Music Therapy Yoga Meditation

with  
sitar maestro

**Dr. Chandrakant Sardeshmukh**  
*Yoga with Gary Mills*

*Rich wisdom and knowledge of Ayurved  
and music on a divine level are two characteristics  
of Dr. Chandrakant Sardeshmukh which are realized  
in music therapy. Just being in the environment of  
his sitar vibrations brings balance to oneself.*

**Sun. 17 Feb. 3-5 P.M. 2008**

**Hatha Yogashala**  
172 Hutt Street, Adelaide

See over for details



*The form of the Supreme is sound*

**DARSHANAM**  
[www.darshanam.com](http://www.darshanam.com)

## **Program** *yoga – music session – meditation – discussion*

**Date:** Sunday, 17 February 2008 at 3-5 P.M.

**Cost:** \$65 per session

**Venue:** Hatha Yogashala, 172 Hutt Street, Adelaide

**Requirements:** avoid food 2 hours before session (meal 2 hours prior to session should be light) – wear loose, comfortable clothing.

**Bookings:** Gary Mills – 08 82223 2902

### **Background on Chandrakant Sardeshmukh**

From time immemorial music has been an important part of Indian culture. Great composers of Indian classical music have attempted music therapy down the years. There is an age-old belief, being mentioned in the Vedas, that Marga-Sangeet (Gandharva Gana) originated from Samaveda and has the power of curing ailments.

Researchers into the therapeutic effects of music around the world have measured and proved that certain melodies, harmonies and rhythms have a profound effect on brain responses and hormones. These effects include the release of pain and stress, achieving deep meditative states and better concentration and learning functions as well as improved coordination. Certain types of music can stimulate the pituitary gland whose secretions affect the nervous system and the flow of blood. Other studies of traditional Indian ragas have shown them to benefit a whole host of conditions ranging from insomnia, high and low blood pressure to mental disorders.

It is believed that for healing with music, it is necessary to vibrate the cells of the body, since it is through these vibrations that a person's consciousness can be changed effectively to promote health. The right kind of music helps one to relax and refresh.

Dr. Chandrakant, after many years of research into the therapeutic effects of music with the sitar, says that music is actually a way for feelings to find expression—an appealing force to suppressed desires and abstract emotions expressed by the body in various ways while listening to music—making the mind free and releasing tensions. This ultimately leads to improved blood circulation and creativity giving energy to the listener.

Recognized as one of the finest exponents of the sitar in the world today, Dr. Sardeshmukh began playing when he was barely four years old. After being declared a prodigy at the age of eight by Ravi Shankar he went on to study with the maestro and later with Annapurnadevi, the renowned musician and daughter of Allaaddin Khan.

In 1976 Rajasthan University honoured him with the highest title they could bestow as *Sangeet Vibhushan*. Numerous awards followed including the titles of *Surmani* and Royal Sitarist of Sringeri. He is a composer and music director with a Ph.D. in Sanskrit accorded to him for his thesis titled *Samavedic Basis of Indian Music*.

Dr. Chandrakant Sardeshmukh is an executive trustee of the Bharatiya Sanskriti Darshan Trust, Pune, India founded in 1954 by his father Shri. P. K. Sardeshmukh Maharaj. He is also director of the trust's Sama Sangeet Sabha and Research Centre (music department). Presently residing in Japan, he travels the world performing concerts, teaching and conducting music therapy programs.

For him, the music he loves, that began centuries ago in pure worship still has connotations as being sacred, free and joyous.

For more information view the web site [www.darshanam.com](http://www.darshanam.com)

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