

# Group Music Session for Health and Tranquility

with sitar maestro Dr. Chandrakant Sardeshmukh



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Experience the blissful  
sitar melodies from one  
of India's finest musicians  
in the world today

**Sun. 28 Sept. 2008 at 3–5 P.M.**

**Hatha Yogashala**

**172 Hutt Street, Adelaide**

**Bookings: Gary Mills (08) 8223 2902**

See over for details

## Program

*yoga warm up • music session • meditation  
discussion • refreshments*

**Cost:** \$65

## Requirements

Avoid food 2 hours before session (meal 2 hours prior to session should be light)—wear loose, comfortable clothing

## Background on Chandrakant Sardeshmukh

The immense potential of the power of Shabda (cosmic flow of sound) hidden in music was well recognised by the ancient Indian sages. Pleasant sound has a positive effect on each atom of the body, on all glands, on the circulation of the blood and on pulsation.

Dr. Chandrakant's therapeutic music sessions have been shown to have a beneficial effect on the mind-body system, alleviating tensions and providing an enchanting and creative diversion to the mind. The sessions are wonderfully restful and refreshing. They are suitable for people from all walks of life and any age group, whether healthy or ailing.

No one musical selection works for anyone in any situation. By observing responses during a music session, Dr. Chandrakant plays the most appropriate melodies for the person or group at that time. The best outcomes are achieved by staying focused on the music, surrendering to it and not resisting or analysing responses.

Research conducted at the Japan Brain Institute in 2003 while Dr. Chandrakant played the sitar, concluded that his strong alpha brain waves were found to synchronize with those of the listeners, increasing their alpha brain wave activity. Alpha brain waves are associated with a completely relaxed mind and body and enhanced creativity.

Dr. Chandrakant started performing at the age of four. At age eight he was declared a "sheer prodigy" by Pandit Ravi Shankar and chosen by the maestro to become his student. Later he studied with Annapurnadevi, daughter of the renowned Allaudin Khan. Dr. Chandrakant is a scholar and researcher with a Ph.D. in Sanskrit for the thesis titled *Samavedic Basis of Indian Music*.

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

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