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The Yoga of Sound: Tapping the Authenticity of Yoga is presented by Russill Paul, who has 30 years of teaching experience on the world stage! Considered a pioneer who brought the sonic aspects of Yoga to North America, Russill is both a world-class musician and highly respected teacher in America and internationally.

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For thousands of years Hindu spirituality has understood the profound effect that sound has on our well-being. From this tradition comes The Yoga of Sound, which draws on yoga's long history of applying sound to reduce stress, maintain health, and invoke spiritual awakenings. In lucid exercises presented both in the book and on accompanying downloadable audio tracks, Russill Paul shows how everyone can learn the art of mantra and how these practices can help to optimize the flow of energy ...

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