Nada Yoga, Pranayama, and Vocal Psychotherapy: Singing and Breathing Practices as Forces for Transformation

Christina Gentile

Thursday, March 1st
4:30- 5:30 pm
UVic, David Strong Building, Room C118

Using the voice and the breath to promote healing is largely absent in western psychotherapy; however, this approach is commonly found in the philosophy and practices of yoga. Though yoga is mostly recognized in the western world as a physical discipline, yoga philosophy is also anchored in the notion that we can restore our body, mind, and spirit through sound vibration (Nāda Yoga) and breath control (Prāṇāyāma). Although some of these practices are being introduced through mindfulness approaches and music therapy, not enough attention is attributed to the study of the human voice and its capacity to support and inspire healing. In this talk, I explore the application of singing and breathing practices from yoga and vocal psychotherapy in counselling psychology.

Christina is a MA candidate in counselling psychology at UVic and holds a BFA in music (voice) and religion from Concordia University in Montreal. She is a graduate Fellow at the Centre for Studies in Religion and Society and a certified yoga teacher. Her research focuses on the integration of singing and breathing techniques from the traditions of yoga and practices of vocal psychotherapy in counselling psychology.