



SURYASOUL[®]

WHEN YOGA BECOMES A DANCE OF LIFE

with its creators Philippe Beaufour & Sabine Zweig



TAO | DANCE | YOGA | HEALING | MUSIC | LIFESTYLE | MEDITATION

SURYASOUL® is a conscious embodied Dance & Meditation Lifestyle Practice

SURYASOUL® is based on the Chakra system (=the 7 energy centers)

SURYASOUL® integrates the life philosophies of Tao and Yoga

SURYASOUL® includes inspiring rhythms and music tunes from all around the world

SURYASOUL® is a gateway to the mysteries of life

SURYASOUL® creates an effective system for health and growth

SURYASOUL® offers the following modalities and trainings:

- DanceOfSoma** - Module 1
- DanceOfSpirit** - Module 2
- DanceOfLife** - Module 3
- DanceOfYoga** - Educational Program
- DanceOfTao** - Educational Program
- DanceOfHands** - Educational Program
- DanceOfMeditation** - Educational Program



SURYASOUL® TEACHER TRAINING 210 H IN 3 MODULES

SURYASOUL® TT Module I: DanceOfSoma *Body, Sound, Emotion* **Awakening, the Way of Movement**

Choreographed and Free Moves with Dancing Body Mudras

Open to all, the TT 1 includes:

- 70 hours of education including Shastra (training manual, pdf)
- 1 choreography DanceOfSoma Class
- Awakening Mala
- SURYASOUL® DanceOfSoma Teacher Certification

SURYASOUL® TT Module II: DanceOfSpirit *Elements, Rituals* **Expression, the Way of the Heart**

Individual and Collective Dance Poetry & Creativity with Spirit Mudras

Open to all certified SuryaSoul® Soma Teacher, the TT 2 includes:

- 70 hours of education including Shastra (training manual, pdf)
- Spirit Mudra Compass
- Heart Mala
- SURYASOUL® DanceOfSpirit Teacher Certification

SURYASOUL® TT Module III: DanceOfLife *Affirmations* **Lifestyle, the Way of Unity**

Life as a Dance, Coaching with Life Mudras

Open to all certified SuryaSoul® Spirit Teacher, the TT 3 includes:

- 70 hours of education including Shastra (training manual, pdf)
- Card Set of 27 + 1 BodyMudras
- Unity Mala
- SURYASOUL® DanceOfLife Teacher Certification



SURYASOUL® DANCE OF SOMA CHOREOGRAPHIES





SURYASOUL® CLASS MODALITIES DANCE OF SOMA

SURYASOUL® DanceOfSoma *Body, Sound, Emotion*
Awakening, the Way of Movement

Choreographed & Free Moves with dancing „Body Mudras“

- dance journey into the 7 chakra energies
- a movement journey with dancing Body Mudras
- a collective dance shaped as a mandala
- the marriage of Yoga with Tao
- when we let joy sing with our hearts with Mantra Meditation
- from individual expression to commUnity celebration
- a positive releasing movement practice

Each SuryaSoul DanceOfSoma Choreography is devoted to one Chakra and is available for our international SuryaSoul Teacher Kula.



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Spread your Wings

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SURYASOUL® CLASS MODALITIES DANCE OF SPIRIT

SURYASOUL® DanceOfSpirit *Elements, Rituals*
Expression, the Way of the Heart

Individual & Collective Creative Dance Poetry with „Spirit Mudras“

- a conscious dance poetry based on self inquiry and the power of commUnity
- when listening is the inspiration for dancing
- a music embodiment where movement is a sacred ritual
- a dive into the space of sound and the infinite of silence
- when presence becomes the door of awareness
- the adventure of moving in and out of the 7 Dance Fields
- the heart as the dancefloor of the soul

Each SuryaSoul DanceOfSpirit session is devoted to one or more Chakras.



*Let your
Soul Shine*





SURYASOUL® CLASS MODALITIES DANCE OF LIFE

SURYASOUL® DanceOfLife *Affirmations*
Lifestyle, the Way to Unity

Life as a Dance with „Life Mudras“

- a life approach based on the philosophy of conscious intelligence
- an embodied leadership practice to align with your own visions
- a dynamic life meditation to find your own purpose in the world with Life Mudras
- when art becomes a tool for self reflection/knowledge, creating your Life Yantra
- a journey into the poetry of language giving birth to Life Mantras
- where conscious movement opens the doors of life choices, dancing your Life Natya
- the power of sound considered as a modality for personal growth, composing your Life Raga





*To Dance is to Pray
To Pray is to Heal
To Heal is to Give
To Give is to Live
To Live is to Dance*

~ Marijo Moore
Cherokee



SURYASOUL® TRAINING CURRICULUM MODULE I,II,III

Science of Movement BODY, ROOT OF OUR PRACTICE

Learn the principles of movement/dance physics and dynamics to find, explore and expand your own individual technique.

Yin Yang Philosophy 27+1 BODY MUDRAS

Explore the philosophies of Tao, Yoga and Dance in theory and practice, embodiment through creative expression and movement sequences.

Integral Yoga YOGA OF EVOLUTION

Experience the ancient wisdom of Yoga and find alignment with your own true identity, including Sanskrit vocabulary.

Chakra Anatomy LIFE ENERGY SYSTEM

Master the 7 Chakra System of your Body and Soul in relationship to movement and emotions, the soulful anatomy between mother earth and father sky.

Science of Sound VIBRATIONS AND MAGIC OF MUSIC

Discover the rich diversity of music genres, tunes, sounds, instruments, atmospheres; including music management education.

Science of Living VISIONS AND MANIFESTATIONS

Dive into your leadership potential and qualities.
Trust into your inner guidance as a leader.

Meditation ONE WITH ALL

Practice the peaceful Mantra Meditation, the inspiring Movement Meditation and the sophisticated Mudra Meditation of SuryaSoul.



SURYASOUL® TEACHER TRAINING

TEACHER TRAINING MODULE I,II,III:



EDUCATIONAL PROGRAMS





SURYASOUL® EDUCATIONAL PROGRAMS

DANCE OF YOGA

- *The Path of Union* -

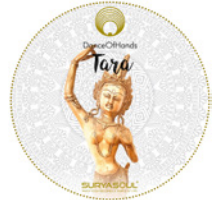
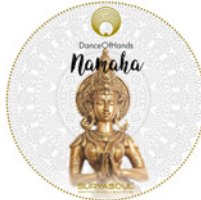
Choreos/Playlists:
Sat, Chit, Ananda



DANCE OF HANDS

- *The Grace of Hasta Mudras* -

Choreos/Playlists:
Namaha, Devi, Tara



DANCE OF TAO

- *The Essence of Chi* -

Chi Kung, Tai Chi, Kung Fu
& Chi Meditation



DANCE OF MEDITATION

- *The State of Conscious Awareness* -

Chakra Journey from Stillness to Movement
Soundhealing Meditation with Singing Bowls



A woman with her hair pulled back, wearing a white halter-neck top and a long necklace, has her arms raised in a yoga-like pose. She is wearing several pieces of jewelry, including rings and bracelets. The background is a light, hazy sky with two large, solid gold circles. The text "Create Balance in Space" is written in a gold, cursive font on the right side of the image.

*Create
Balance
in Space*

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SURYASOUL® CREATORS PHILIPPE & SABINE

Philippe & Sabine are the passionate creators and loving designers of the practice **SURYASOUL**® - when Yoga becomes a DanceOfLife.

For the past 20 years, they have trained hundreds of human souls and travelled the world to share their love for Integral Yoga through Dance, Yoga, Meditation, Music, Mantras & Lifestyle. They teach, move and coach people internationally worldwide since 2004 in leading Retreat Centers, Trainings, Yoga/Dance/Movement/Healing Festivals, Health Congresses, Workshops, Hospitals, Group and Individual sessions in Europe, India, Bali, South Africa, Israel and the US. They are living since more than 28 years in Auroville/India and Hamburg/Germany.

The sacred practice of SuryaSoul is committed to serve humanity as a heart-centered healthy lifestyle and embodiment of our true essence.

Born in South Germany, **Sabine** has been living with a chronic lymphatic condition since birth which has required her to spend time in hospitals and clinics for operations or treatments. Dance, Yoga and Meditation has become a healing journey for her after following the inner call to inspire people.

Philippe, born in France, traveled to India in 1996 to start a new life as resident of Auroville, the international project on human unity and Integral Yoga created in 1968. Trained in Taoist martial arts (Chi Kung, Tai Chi Chuan, Kung Fu), his vision is to connect people through conscious movement, healing breath and the power of music.

*We welcome you to this wonderful world of
dance, meditation, community and transformation.*

!! Let's shine and celebrate life together !!

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CONTACT

info@suryasoul.com

*Love is
the Rhythm*

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