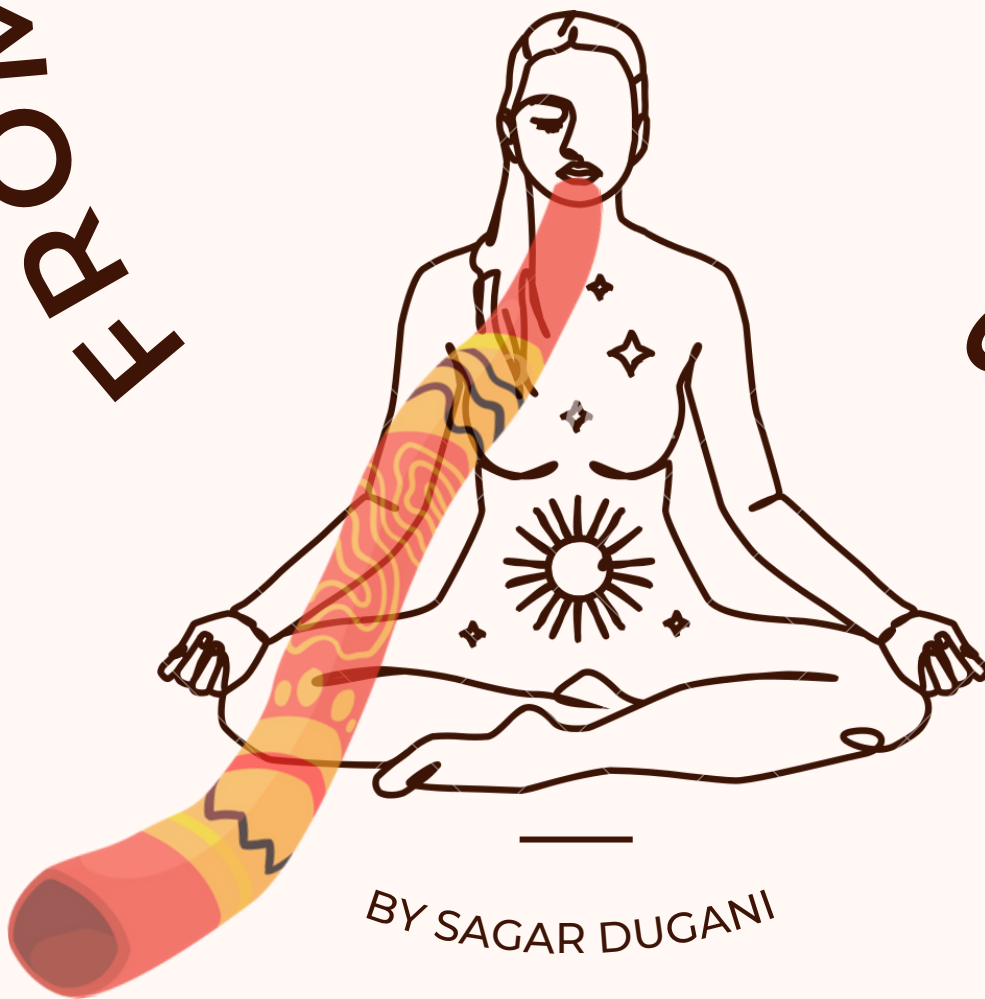


FROM THE ROOT TO THE COSMOS

**DIDGERIDOO
THE POTENTIAL OF YOUR
BREATH**



—
BY SAGAR DUGANI

#BREATHPRACTICE

#MINDFULNESS

Didgeridoo is one of the oldest instruments known to humanity which dates back to 40,000 plus years. It has helped many tribes & humans to connect to a certain dimension of life.



The Didgeridoo has significantly influenced my life!



Didgeridoo, I call her "Matryoshka".

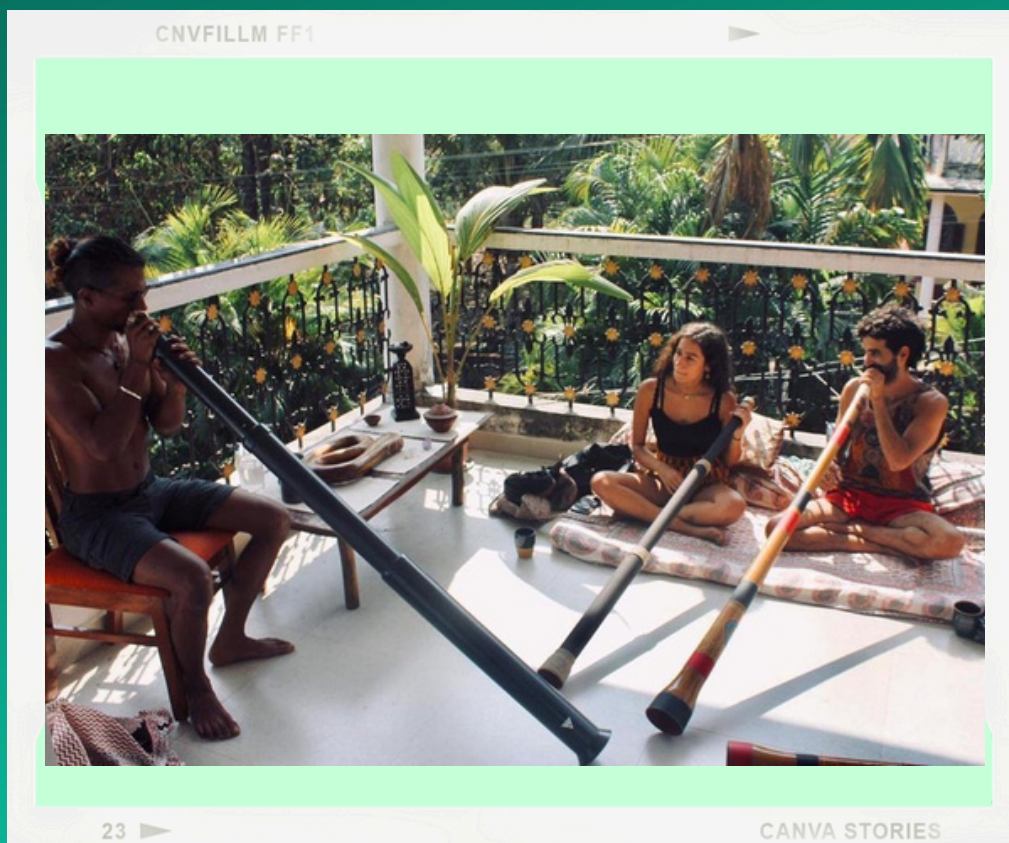
Many practitioners have played a role in introducing the Didgeridoo into my life. I have been into fitness for over 15 years, which enabled me to transition from a senior data analyst position I held for 11 years until 2019, to dedicate more than 8 hours a day to various movement practices such as martial arts, animal movements, and multiple dance forms for a year.

This is when I developed spondylitis, doctors told me I could never lift weights or do intense movements again. Having quit my job to teach movement, I was devastated.

A practitioner in Goa who has been into sound healing & breath work for more than a decade, introduced me to the Didgeridoo and suggested I connect with my breath for healing. Unable to walk or sleep comfortably, I practised the Didgeridoo for over eight hours a day.

As an analyst, I set a goal of 300 hours of practice and my spondylitis was healed in under three months. This deepened my interest, and I've since spent over 1,000 hours practising & it goes on. The Didgeridoo raised my awareness of breath, sound, and micro-movements, offering profound physical healing & beyond.

The Didgeridoo became my guru, showing me that healing takes place in the absence of words. This led me to sound healing practice and getting deeper into other instruments, and I am forever grateful. I am sharing this practice with others to explore the potential of micro & macro breath, sounds, and movements.



CLASS DETAILS

6 classes, 3 weekends
3 Plus hours each day

Breakdown of the classes

Day 1

- Introduction and Basics - 15 min
- History and Cultural Significance - 15 min
- Basics of the Didgeridoo - 30 mins
- Breathing techniques through didge - 60 min
- Feedback

Day 2

- Review and Warm-up - 15 mins
- Breath Control Techniques - 45 mins
- Basic Drone Sound - 60 mins
- Practice & Feedback

Simple yet fun Practices for the week

Day 3

- Review and Warm-up - 15 mins
- Circular Breathing - 60 mins
- Exploring Different Animals Sounds - 45 mins
- Practice and individual feedback





Day 4

- Review and Warm-up - 15 mins
- Advanced Techniques - 60 mins
- Articulation and Vocalisation - 45 mins
- Practice & Feedback

Simple yet fun Practices for the week



ON
AIR

Day 5

- Technique Review and Warm-up - 15 mins
- Basic Composition Skills - 45 mins
- Improvisation Techniques - 60 mins
- Practice & Feedback

Day 6

- Warm-up and Final Review - 15 mins
- Practice Session - 45 mins
- Performance Preparation - 30 mins
- Practice and refinement - 30 min
- Practice and individual feedback