



MEDITATION CONCERT

• *Yoga* • *Music* • *Consciousness*



ANA RITA SIMONKA

Available for concerts, workshops and retreats



Ana Rita Simonka is a yoga teacher, musician and researcher whose work over more than three decades has explored the intersection of yoga, meditation and contemplative sound traditions such as Nada Yoga and Sufi music.

Through live music, meditative listening and subtle states of attention, she creates immersive experiences that invite participants to explore the relationship between sound, awareness and consciousness.

Her music has been featured internationally in compilations such as **Buddha Lounge (Azul Music)** and **Putumayo World Music**, as well as in soundtracks for productions by **TV Globo (Brazil)**. Her discography includes the acclaimed albums ***Bossa Nova Delhi*** and the ***Mantra series***.

She holds **postgraduate training** and **international recognition** in **music therapy** from the **Nada Centre (Chennai, India)** and has presented her work at **conferences** of the **Indian Music Therapy Association (IMTA, Bengaluru)** as well as at **academic congresses** in India, including the **Seethalakshmi Ramaswami College (Tiruchirappalli)**.

She is the Portuguese translator of the book ***What is Music?*** by **Dr. T. V. Sairam**, a classical work exploring the relationship between sound, consciousness and healing.

A student of the **Sufi master Adnan Sarhan**, she currently trains yoga teachers and therapists through her online studio and international programs.

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THE EXPERIENCE

This meditation concert explores how sound can open deeper states of attention and perception and invites participants into a contemplative journey through:



- Nada Yoga
 - ragas and mantras
 - live meditative music
 - contemporary soundscapes
 - guided listening practices
- Optional: meditative movements**

Duration: 2–3 hours

Open to yoga practitioners and general audiences

Instruments:

Voice
Tanpura
Guitar
Percussion
Loop station
Electronic soundscapes

Technical Rider

Sound system
• **2 active PA speakers** suitable for spaces of 20–60 people
• **1–2 boom microphone stands**
Optional:
• small mixer

Follow:

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(Portugal)

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