

Larisa Gosla - Voice of the Drum 2025



Module 1: August 13, 2025

Learn to Drum & Sing Simultaneously to Expand Your Creative Awareness

Discover the art of combining rhythm and voice in a way that's deeply grounding, surprisingly intuitive, and creatively liberating. **You'll begin with the foundational techniques of both frame drum and mallet-style playing** — learning how each one **creates a different energetic experience**.

Then, through a simple yet powerful call-and-response practice, **you'll explore how to sing and drum at the same time using 4/4 timing**. This integrated approach helps you **tap into trance states that quiet the mind**, expand awareness, and bring you into deeper relationship with your own voice.

You'll understand the voice is not just a sound, but a deeply personal tool of resonance — one that is literally tuned to your own body. Whether you're new to music or returning to it after years away, this session helps you **cross a meaningful threshold**: from thinking about rhythm and voice to actually *feeling* them, moving through you as a single, embodied expression.

In this session, you'll:

- Experience a trance-inducing call-and-response practice that helps you **sing and drum simultaneously** while accessing altered states of awareness
- Learn the key techniques of both **frame drum and mallet-style playing**, and how to distinguish their different effects

- Practice keeping steady 4/4 rhythm while singing, building coordination and **confidence in your musical expression**
- Explore how your voice is uniquely attuned to your own body, and why that matters for both **healing and creativity**
- Begin forming an **emotional connection with rhythm and voice** that invites inspiration, self-trust, and joy



Module 2: August 20, 2025

Learn Your First Sacred Song to Deepen Your Heart Connection & Musical Confidence

Now it's time to bring it all together in your very first song. You'll learn to sing and play the beloved Earth-based chant "*The River is Flowing*" — a soulful entry point into **the power of music as prayer, presence, and connection**. As you work with this chant, you'll deepen your relationship with the drum and expand your technique, learning new hand patterns that build on the foundation you've already developed.

This chant doesn't just strengthen your drumming — it roots you in the earth and opens your heart. As the rhythm pulses through your body and the melody rises from your voice, you'll feel a profound connection to yourself, to the group, and to something greater. This is where musicality meets meaning. You'll walk away not only with **a sacred song** to carry forward, but also with more confidence in your abilities — and maybe even the inspiration to write your own.

In this session, you'll:

- Learn and embody the Earth-based chant "*The River is Flowing*" to **experience the joy of singing and drumming** in sacred unison
- Expand your drumming technique with **new hand patterns** that deepen your sense of rhythm and ease

- Strengthen your connection to the Earth, your body, and the group through chant as a **grounding and heart-opening practice**
- **Gain confidence** in your ability to integrate rhythm and voice with flow and purpose
- Discover how one sacred song can become a touchstone for your practice and **inspire your own creative expression**



Module 3: August 27, 2025

Harness Rhythm & Voice as Tools to Manifest Your Soul's Desire With Sound

Explore how rhythm and vocal vibration can help you shape your reality — no vision board required. Through **vocal-opening techniques**, you'll expand your voice's power and clarity, preparing it to become a true instrument of intention.

Then, you'll move into a Music Manifestation practice that uses rhythmic entrainment to **bring your desires into alignment with the pulse of the universe**. Whether through affirmational chanting, body percussion, or drumming sequences, you'll learn to amplify your intentions with rhythm and voice — creating rituals that can shift your energy, focus your mind, and call in what you most desire.

This session is ideal for those who struggle with stillness-based meditation. It offers **a joyful, embodied approach to manifestation** — anchored in rhythm, repetition, and your own sound current. You'll come away with tools you can return to daily, supporting your self-expression, clarity, and power.

In this session, you'll:

- Experience a powerful music manifestation sequence using rhythm, body percussion, and the drum to **align intention with action**

- **Open and strengthen your voice** through short, effective technical exercises that build resonance and range
- Practice affirmational chanting as a rhythmic ritual for **focus, devotion, and empowerment**
- Learn how **rhythm entrainment** influences brainwaves, presence, and subconscious reprogramming
- Discover how to **co-create with the universe through sound**, using the science and spirit of rhythm as your guide



Module 4: September 3, 2025

Open Your Singing Channel to Express the Truth of Your Heart

This session is all about liberation — freeing your voice from the grip of judgment, fear, and self-censorship so it can **express the raw, beautiful truth of who you are**. You'll begin with vocal embodiment exercises designed to quiet the critical mind and clear emotional blockages, making space for your true voice to flow. From there, you'll be gently guided into improvisational singing while drumming, opening a sacred channel for spontaneous expression.

You'll also **explore new rhythmic patterns** — including 3- and 5-beat cycles — and learn how to write your own *solkattu* (spoken rhythm phrases), giving you more creative tools to draw from.

Whether you're feeling nervous or excited about improvising, you'll be supported within a **safe, loving container that encourages vulnerability and play**. This practice often leads to powerful personal breakthroughs — sometimes joyful, sometimes deeply emotional — but always authentic. By the end of this session, you'll feel more trust in your voice, more ease in your creativity, and more connected to the music that wants to move through you.

In this session, you'll:

- Practice singing fluid, improvised phrases in English while drumming — **tapping into a spontaneous flow that connects voice and spirit**
- Explore new rhythmic patterns (like 3-beat and 5-beat cycles) that **expand your musical vocabulary** and deepen your drumming skills
- Use vocal embodiment exercises to soften judgment and **release inner blocks** so your heart can lead the way
- Write your own *solkattu* rhythm phrases using provided worksheets to **personalize your practice**
- **Experience the healing magic** of being witnessed in your expression, building self-trust and a deeper sense of creative freedom



Module 5: September 10, 2025

Chant Sacred Mantras to Cultivate Love, Power & Presence

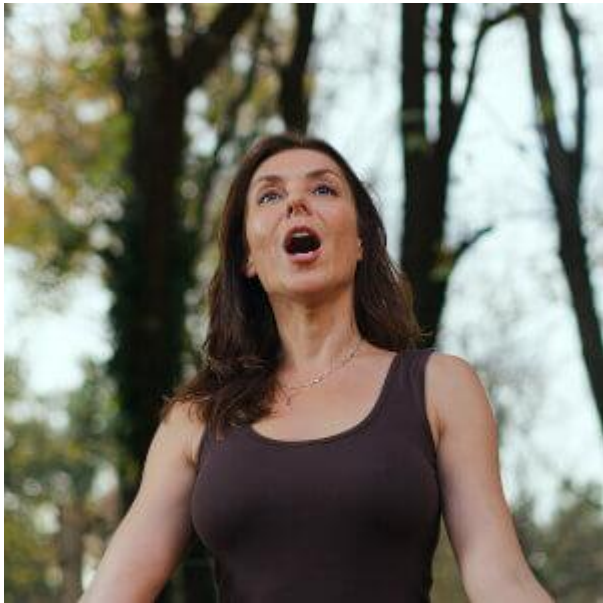
You'll be introduced to the practice of mantra as a **form of sound medicine** — an ancient tool for healing, devotion, and transformation. You'll learn a sacred Sanskrit or Earth-based chant and pair it with a 5- or 7-beat drumming rhythm to create a vibrational field that uplifts the spirit and anchors you in presence. Through call-and-repeat practice and rhythm training, you'll build listening and memory skills while deepening your connection to the essence of each sound.

This is more than just learning a chant — it's about **embodying the divine through vibration**. Chanting in a new language invites reverence, openness, and a powerful shift in consciousness. As you align voice and rhythm, you'll discover how mantra can center the mind, open the heart, and **turn your practice into a living prayer**.

In this session, you'll:

- Learn and embody a sacred Sanskrit or Earth-based mantra while drumming in 5- or 7-beat rhythm to **create an immersive sound meditation**

- Practice rhythmic call-and-repeat chanting to **strengthen your memory**, musicality, and presence
- Explore the energetic effects of **sacred language** and how mantra creates a resonant field of devotion and healing
- Train your voice and rhythm skills with new timing patterns that **expand your creative range**
- Discover how mantra becomes **a powerful anchor for intention**, grounding you in beauty, reverence, and joy



Module 6: September 17, 2025

Refine Your “Prayerformance” Skills to Anchor Your Voice & Rhythm in Ceremony With Sacred Intention

Learn how to move beyond “performing” into *Prayer-Formance* — **offering your music as a sacred transmission** rooted in service, not validation. Through rhythm and singing training, you’ll expand your technical foundation with 2 — 3 new rhythms and deepen your solkattu skills, while call-and-repeat practices help anchor them in your body.

You’ll also explore the subtle but **essential energetic practices** of opening, holding, and closing a ceremonial or performance space with strength and intention.

This module is especially powerful for facilitators, space holders, and anyone called to **offer music in healing or devotional settings**. You’ll discover how to create a strong, clear container that supports not only your voice—but the entire energetic field of the experience. As you integrate invocation, rhythm, and presence, your voice becomes a vessel for something greater: a channel of resonance, healing, and connection.

In this session, you’ll:

- Practice new call-and-repeat singing sequences while integrating 2 — 3 rhythms that support **embodied musical flow**
- Learn what it means to *Prayerperform* — **offering music as transmission** rather than performance
- Explore the **energetic structure of sacred space**, including opening, holding, and closing with integrity and presence
- Strengthen your solkattu technique and use provided worksheets to **compose and internalize new rhythm patterns**
- Discover how invocations anchor energy and intention, allowing you to **serve from overflow** and connect more deeply with your audience



Module 7: October 1, 2025

Share Your Musical Journey to Celebrate Growth & Inspire Connection

In this final session, you'll be invited to **share your voice, rhythm, and heart in a supportive live showcase**. Whether you choose to sing, drum, chant, collaborate, or simply witness others, this is a sacred space to honor how far you've come.

There's no pressure to perform — this is about offering from overflow, letting your music be a prayer, a celebration, a reflection of your unique journey.

You'll have the option to share solo or in breakout groups, to create spontaneously or prepare something in advance. However you choose to participate, you'll feel the beauty of being seen and the power of witnessing your peers in their **vulnerability, creativity, and courage**. It's a moment of integration, celebration, and community connection — one that affirms the transformation you've experienced and the possibilities still ahead.

In this session, you'll:

- Share your voice and rhythm in an **optional showcase**, whether as a solo, collaboration, or spontaneous offering

- **Practice expressing from authenticity** rather than performance, offering your music as prayer and presence
- Build confidence through being witnessed in **a loving, celebratory environment** that honors all stages of the journey
- Feel empowered by your vulnerability and inspired by the **diverse expressions of your peers**
- Receive creative momentum to **keep deepening your relationship with the drum, voice, and your own sacred sound**

SPECIAL BONUS OFFER

When you register by Saturday, July 26, at 2:00pm Indochina Time, you'll receive special bonus offerings designed to complement Larisa's transformative 7-module course — and deepen your understanding and practice even further.



Bonus: Expires July 26

Songwriting 101

Videos With PDFs from Larisa Gosla

Dive deep into the art of songwriting, using the drum as your foundation. You'll explore the building blocks of songs — structure, rhythm, and timing — and discover how they weave together. Larisa will share prompts and exercises to spark your creativity and help you find your unique voice. You'll also learn how to bring these elements together to craft a song that feels truly yours. By the end, you'll have the confidence and inspiration to create music that resonates and moves.



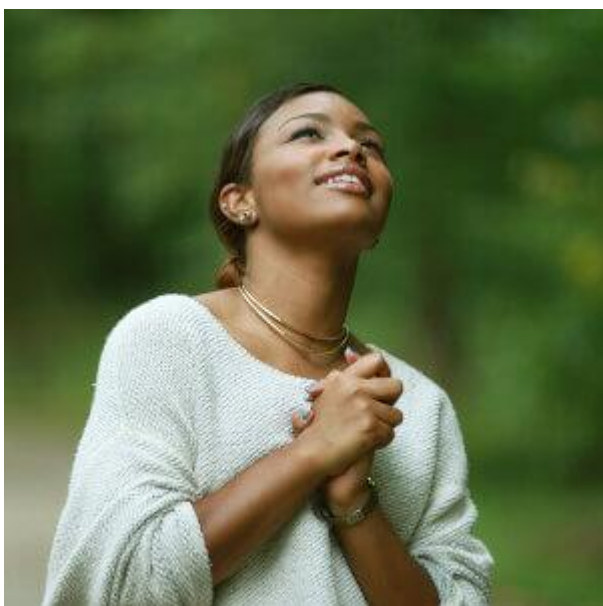
Bonus: Expires August 6

Embody Your Highest Singing Self

Meditation and Guided Hypnotherapy Track From Larisa Gosla

This guided hypnotherapy track video will help you step into the highest expression of your singing self. Through deep relaxation and visualization, you'll clear away fears and doubts that hold you back. You'll tap into the confidence and power that's always been within you, connecting to the authentic voice that's uniquely yours. You'll discover how to sing from a place of trust and freedom, sharing your sound with the world. By the end, you'll feel fully aligned with your true vocal power, ready to sing your heart out.

Plus... you'll receive these bonuses too!



Bonus

Two Guided Hypnotherapy Tracks for Singers

Videos from Larisa Gosla

This bonus bundle includes two potent 17-minute hypnotherapy tracks crafted just for you as a singer: “I Trust My Voice” and “I Believe in Myself, My Music, and My Ability.” You’ll start by releasing doubt and reconnecting with the power and magic of your unique voice. Next, you’ll build unshakable confidence in your artistry, embracing the full force of your creative expression. These tracks are designed to help you feel more at ease, authentic, and aligned every time you sing. By the end, you’ll be ready to step forward and share your voice with clarity, courage, and conviction.



Bonus

The Art of the Shaker Groove Masterclass

Video From Larisa Gosla

In this recorded 90-minute masterclass, you’ll learn how to master playing the shaker and singing at the same time. You’ll discover practical tips for timing and coordination, turning this skill into a seamless part of your music. You’ll also explore different types of shakers (percussion instruments that create a rhythmic sound when shaken) from around the world and see how they can bring cultural depth to your performances. By the end, you’ll feel confident about weaving the shaker’s vibrant energy into your songs. Get ready to expand your musical toolkit and bring fresh sounds to life!