

moving sounds

Music and yoga unite thanks to The Future Sound of Yoga.

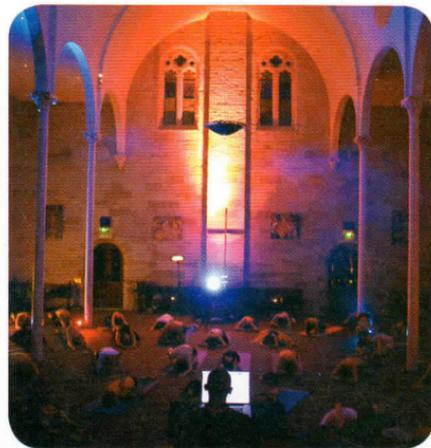
While yoga may be a silent experience for many, Sydney-based couple Matt and Angel Singmin have a different perspective—and it's one gaining them fans around the globe.

After meeting at the Glastonbury Festival in 2005, DJ Matt and yoga teacher Angel bonded over their love of electronic music, yoga and movement. The pair, both 32, became convinced there was room to fuse all three.

“We both practise yoga to music at home and felt it enhanced the experience. [We practise to] the music we love; it's the music we hear at festivals around the world,” says Matt. “Using digital technology, I saw a way to create a yoga soundtrack that's seamless, without jarring transitions, in order to make yoga a more immersive experience.”

The result was The Future Sound of Yoga, a high-energy event born in 2010 that combines traditional yoga poses with freeform dance. As Angel leads the class through soothing warm-ups, flowing vinyasa and a 15-minute dance session where mats are rolled to the side, Matt creates the soundtrack. Don't expect any Café del Mar or Eastern beats: in this sensory experience, electronic dance music from Björk to Radiohead prevails.

“We always believed there were people out there who love this kind of music but didn't have anywhere to hear it. Traditional venues for electronic music are bars and clubs, but there are people like us, who are into things like yoga and who don't want to go out drinking or deal with the attitude of clubs,” says Matt.



“We wanted a place where you can experience music in a powerful setting and participate in it. We believed if we could create a healthy experience and reach out to people we could create a community around it,” he adds.

If the response to date is any indication, they were right. With a growing fan base in Sydney, and events across Australia, Hong Kong, Bali and London, this could very well be the future sound of yoga. **SUE WHITE**