

Guided Imagery and Music Workshop

**Saturday , November 16 2013 (9.30-4.30pm)
Polding Villa, 2 Arcadia Road, Glebe Point (Sydney)**

FULL DAY WORKSHOP ONLY \$40.00

*Morning and afternoon tea
and a light lunch will be provided*

Early Bird Registration \$30.00

**Prior to November 8 by cheque, money order or direct debit.
(See payment details below)**



What the day will look like:

Explore how to use recorded music to enhance your practice as well as experiencing a nurturing and relaxing day for your self care.

It will be a day of exploring the gentle impact music has when we allow our imagination free reign.

Drawing and writing materials can be used to express the music imagery and experience.

The day will provide time for self expression and self reflection in a safe and comfortable environment.

Facilitators

Patricia Hamilton

Psychologist and Registered Guided Imagery and Music Therapist.

Louise Terry-Clark

Registered Music Therapist and Registered Guided Imagery and Music Therapist.

Sr. Mary Baker

Spiritual Director and Registered Guided Imagery and Music Therapist. Mary is a Sister of St Joseph whose work in Spiritual Direction has taken her to retreat houses in Australia, NZ and Kiribati.

Payment and Contact

By cheque, money order or direct debit P.R. Hamilton BSB 062 559
Acc.no. 1002 0451 (remember to add your name when paying)

Phone Patricia on 02 49677514 or email: patricia.hamilt@optusnet.com.au
Send your contact details with payment and any dietary requirements to Patricia Hamilton
P.O. Box 265 Mayfield 2304