

Toning & Sound Healing

Event

- date:** Thursday, 23rd June, 2016
- time:** 7:30pm-9pm. Includes time for light refreshments.
- place:** The New Church, 4 Shirley Rd, Roseville NSW
- contact:** Joe 0402 202 456 or Ellie 02 9456 7576
\$10 suggested donation. No need to book, simply turn up.



Join us for this relaxing toning session to experience the healing, calming sounds of our Tibetan bowls and to explore the remarkable overtones of the natural human voice. Part of the session will be spent showing techniques of the practices (no musical experience is required for this). Past participants have reported that these toning sessions have soothed their mind and touched the soul. Feel free to invite a friend. Bring a cushion or yoga mat if you wish to sit or lie on the floor. We suggest contributing \$10 as a donation towards costs (more if you wish). The presenters are Joe Vandermeer and Ellie Frances who have conducted sound healing sessions for over two decades and have much experience in related music and therapy activities.

