



Presents

**An Introduction to Sound Healing with Sarah Gregg
at
The Old Schoolroom, Weedon, Bucks, HP22 4NW
Sunday 14th April 2013 10am – 4pm**

Sarah will present an introductory workshop on Sound Healing using various instruments. The day is open to anyone who is interested to learn more about Sound Healing and Wellbeing. Experience the effects of sound upon the mind and body in a truly positive and inspirational way.

The day will include (provisional content)

- ♥ Gong Healing (practical with participants working with the gong)
- ♥ Crystal Bowl Meditation
- ♥ Drum Healing
- ♥ Working with Rattles
- ♥ Health Rhythms Meditation (group participation meditation using percussion)
- ♥ Vocal work (toning the chakras)
- ♥ Monochord Chair
- ♥ And a Sound Bath to finish

Cost for the day is £55. Please bring your own lunch



For any further information please contact Bryan either by phone on 07971 691356 or by email: bryan@bearpawtherapies.co.uk

www.bearpawtherapies.co.uk



Booking Form

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The Old Schoolroom, Weedon, Bucks, HP22 4NW

Please complete booking form and return to the address below:

Name:..... (Please print your name)

Address:.....

.....Postcode.....

Telephone No:..... Email:.....

Please book me.....place(s).

Total cost per person £55

Deposit £25 payable at booking

Balance of £30 to be paid by 31st March 2013

I enclose a cheque to the sum of £..... made payable to Bryan Pummell

Please return this form and cheque to:

Bryan Pummell
17 Guillemot Way
Watermead
Aylesbury
Bucks
HP19 0WJ

www.bearpawtherapies.co.uk