

# **Sacred Sound Inspirations**

**presents**

## **A Celebration of Voice**

### **A Sacred Toning Immersion for the Autumn Equinox**

**To be held  
Saturday 26th  
September  
2015  
from 0900 ~  
2100 hours**

**Sawbridgeworth  
Memorial Hall,  
25-31 The  
Forebury,  
Sawbridgeworth,  
Hertfordshire,  
CM21 9BD**

**Cost of Ticket: £40**

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**“A Celebration of Voice – A Sacred Toning Immersion”** - an entire day of chakra toning to commemorate the Autumnal Equinox will take place on Saturday 26<sup>th</sup> September 2015. Come and join with like minded in what is going to be a phenomenal experience. Toning events such as these take the participants to a place that can't be experienced in any other way. It is very difficult to put into words the space one reaches during the toning, but you can be assured it is like nothing else you will have experienced before and is truly transformational, moving, celestial and beautiful.

Participants may arrive from 09:00 hours to settle in and we shall start the day at 09:30 am with a short introductory workshop into chakra vowel toning for those who may not have done this before or need a reminder. We will then all take part in a special opening ceremony where several of the participants will be invited in advance to play a special part in starting the event. The day will be orchestrated in such a way, that there will be a large proportion of people toning constantly once we start the toning ceremony in the morning until we finish in the evening - a total of nine hours consecutive toning. There will be allocated breaks for everyone during the day on an hourly basis when you can personally have a break from the toning should you wish, but the group toning taking place in the main ceremonial area will be constant.

This is an alcohol and drug free event. Participants will be asked to bring a vegetarian dish to share and we will finish the event with what will be an Equinox feast at around 19:30 when the toning finishes, ending the day at around 21:00 hours. Participants will be encouraged not to eat during the toning event unless they specifically want to or have specific medical requirements which demand that they do (and provisions in terms of a dining area and break out room will be made for those who fall into these categories if they need to bring their own lunch/snacks). The fasting experience adds to the potency of the experience, so it is recommended if participants think they should need it to have breakfast before the day starts, as they will not be eating again until we finish in the evening. All participants will also be asked not to talk during the toning event in the main ceremonial area or the break out areas as it is a special sacred and meditative event and speaking will interrupt the “going inward” which all will experience. Our celebration feast at the end of the day is an opportunity to share the day's experiences with friends as well as ground from the high, expansive state that people will be in. It is recommended that participants bring bottled water with them to drink during the day.

This event is going to be a highly memorable experience for anybody who would like to attend. Participants won't be expected to tone for the entire day of nine hours as participants will be allocated into groups, but there will be a large proportion of attendees toning at any one time so that at no time will the toning be stopped or interrupted.

To cover hall hire and other expenses, the cost of the event is £40 for the entire day. Booking in advance is essential. Participants may arrive from 09:00 hours and we shall finish at 21:00 hours – a total of 12 hours.

Optimally, in terms of sounding and energy, the more people at this event the better, so please share this event flyer with anyone who you feel would benefit from experiencing this very special opportunity to expand their consciousness as One. In terms of a vibratory experience, the positive effect of a large number of us toning for this long period will have an effect on not only ourselves and the hall we are working in, but much further afield. In terms of experiences in 2015, this is going to be one of the best days of the year!