

Sound Healing Workshop

With Trisha Pope

Vocal sound healing is a powerful form of mind-body medicine that can be used as a tool for transformation on many levels of our being. Sounding and singing for healing is an ancient, primal practice found in indigenous cultures throughout the world.

This 6 hour workshop will provide students and practitioners with basic skills for using toning, sounding and singing as a healing tool.

Topics Covered:

- Intentional singing and sounding
- Toning for releasing fears and self-expression
- Sirening on the auric field and spine
- Chakra Diagnosis and balancing with voice
- Tibetan Sound-Healing Meditation
- Overtoning and group sound-healing rituals

Trisha Pope is a sound-healer, choir conductor, professional singer, composer and intuitive. She has been leading choirs and sound-healing workshops in Montreal and the Eastern townships for 16 years. She teaches at Institute NHC in Montreal. For more information: www.trishapope.com.

Those with former training in sound work will have an opportunity to deepen their knowledge, however no prior experience is necessary.

When: Sept. 12, 10:00 -5:00

Where: West Bolton, in the Eastern Townships

Cost: \$90 (includes lunch)

To Register: email Liddy at liddyf@sympatico.ca. Send your deposit of \$30 by Sept 1, to hold your place to Liddy Flewwelling, 5830 Monkland, Apt.10, Montreal, H4A 1G1.

