

Sound Healing Sessions at the Hope Centre

Join us for 2 x healing sessions on Saturday the 29th September 2012
Venue: The Hope Centre, Hampden Buildings, Hampden Road, Sale, M33 7UB



First session from 11am - 1pm

- **Meditation with 20 Crystal and Tibetan bowls**
- **Shamanic Drumming**
- **Group Chanting**
- **Sound and colour to heal the soul**

Please bring lunch to share (if staying for both sessions) and a sleeping bag/pillow if you wish to lie down for the meditations.

Second session from 2pm - 4pm

- **Meditation with 20 Crystal and Tibetan bowls**
- **Confidence to use your voice**
- **Chakra balancing with vowels**
- **Songs from around the world**

**Cost per session £15.00
or Stay for both
sessions for £25.00**

Rejuvenation Sacred
Dynamic Crystal Change Future Optimism Glow Inner Child **Gongs**
Happiness Bowls Inspiration Ascension Gratitude Sound
Vibration Harmonics Joy Energy Calmness Metamorphosis **Healing**
Native Drum Transformation Fun

Yvonne has worked with sound for many years, facilitating workshops locally and nationally. She holds a distinction in music education through Access to Music (RNCM and Manchester). She has a relaxed style of teaching and helps unconfident and non-singers to find their 'own special sound' to aid in self healing relaxation and transformation. Yvonne is also an Antaneea Colour Therapy masseur/practitioner.

David's one true passion in life has always been writing music. After joining The Light of Hope CIC in 1999 he began to specialise in creating music for meditation and relaxation, and soon secured a successful commission for an NHS music related research project. He is now a practitioner in sound healing having trained for 12 months at The British Academy of Sound Therapy at Chichester University.

For more information contact: Yvonne Walsh : 07910 118135 David Sargent : 07766 794221
email :yvonnewalsh5@aol.com email : davidsargent@fsmail.net