

## The Six Healing Sounds

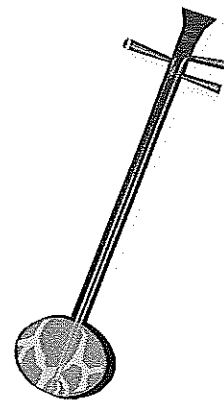
A 2-hour workshop  
Saturday, September 22, 2007  
1:00 to 3:00 pm

During this two-hour workshop, based on the Chakra system, we will learn the sounds associated with the five elements (earth, wood, water, fire, and metal) that, in Chinese medicine, relate to our well-being. Thus, different sounds affect different organs and once these associations are learned, we can begin to control certain feelings and emotions through these sounds.

The Healing Sounds are combined with movement and will be done in a sitting position. If you prefer, they may instead be done while standing or lying down.

Bring a blanket and pillow, also water to drink.

Fee: \$31



Contact Instructor, Monika Forstner, 860 643-1425 for further details.