

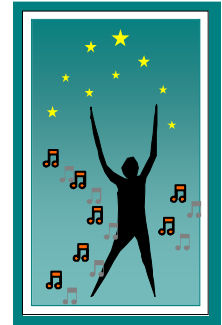


KEEPING YOUR NEW YEAR RESOLUTIONS ALIVE ONE-AND-A-HALF DAY WORKSHOP

presented by the South African Centre for Sound Therapy



WOULD YOU LIKE TO MAKE
YOUR 2012 NEW YEAR RESOLUTIONS
A REALITY ?



This programme will include:

- **Monday 27 February 2012: One-day workshop 9am-3pm**
With the help of healing sounds, visualisation and breathing exercises, you will experience a meeting with your future self and learn to work together on creating the new and prosperous You. In this way you will have the opportunity to initiate the healing of your past, celebrating your present and envisioning your future. This will include self-directed intentional work using diary materials.
- **Wednesday 11 April 2012: Half-a-day workshop 9am-12pm**
Come and celebrate your resolution success so far and re-balance your energy to continue on your journey towards living your new self.
- *You will be helped along the way using email communications with your facilitator, Dr Wilna, between the two workshops at no additional cost.*

A New You for only R1650 per person (minimum 4 people)

Price includes :
regular email communications and a CD with recorded guided sonic meditations.

**Venue: the South African Centre for Sound Therapy, in Meerhof, Hartbeespoort Dam
(40min from Pretoria, 40-60min from Johannesburg)**

For booking or queries: Call Wilna on 071 6822 548

Refreshments provided - Bring your own lunch

<http://www.soundtherapy.co.za>