



# The South African Centre for Sound Therapy presents

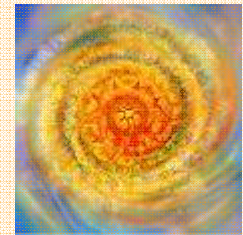
## MONTHLY SONIC MEDITATION GROUP

**Improve your Health and Wellbeing  
And  
Develop life-long Friendships with Like-Minded People**

through meditation **enriched with live sound and music performances** created with Himalayan & Quartz Crystal singing bowls, an Ocean 24K Crystal singing bowl, vocal toning & overtoneing, hand-held drums, pow-wow drums, tingsha bells, tuned chimes, harmony balls, rainsticks ... and more



(everyone welcome - booking required)



### WHEN:

1<sup>st</sup> Sunday of each month  
9:00 - 11:00

### WHERE:

South African Centre for Sound Therapy  
Meerhof, at the **scenic, peaceful** Hartbeespoort Dam  
(800m from the windmill at Jasmyn)  
(only 40min from PTA & JHB)

**CALL WILNA NOW**  
- 071 682 2548 -

### FEE:

R130 per person

or

### MEMBERSHIP OPTIONS:

3-month membership: R350 (**save R40**)

6-month membership: R650 (**save R130**)

12-month membership: R1,300 (**save R260**)

Ongoing membership: R100 per month (**save R360**) - direct debit only

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*"I discovered a wonderful new place in  
my heart through sonic meditation"*  
- private student -

*"Relaxed ... Feel great ! I can't imagine my  
life without sonic meditation anymore"*  
- private student -

