

A Journey Through Sacred Space, Sacred Sound and Sacred Geometry with Dr Wilna Dirkse Van Schalkwyk Friday 24 – Sunday 26 February 2012

Dr Wilna Dirkse Van Schalkwyk

BMus. MSc. PhD. Dip.S.T.(BAST)



WORKSHOP

Friday 24th – Sun 26th February 2012

Stone Circle Bistro, Waterval Boven, Mpumalanga

Prices Range from R 1 050 – R 3 800

This workshop will be presented by Dr . Wilna Dirkse Van Schalkwyk, Founder of the South African Centre of Sound Therapy and her husband Dr. Frédéric Doucet, scientist and sound explorer.

Wilna is a Full Member of the British Holistic Medical Association and of the Society for Clinical Mindfulness & Meditation

Come and experience a magic array of sacred sounds for healing, deep relaxation and sonic meditation.

The exploration of Quartz crystal and Himalayan singing bowls, voice, single-sided hand-held drums and sacred geometrical patterns bring ancient & futuristic sound qualities into the present moment, which bring us to greater self-empowerment.

During this intensive experiential workshop, you will learn several powerful meditation techniques which will help you align to the changing nature of Mother Earth and the Universe. In particular, you will have the opportunity:

- To learn the technique of Earth Breathing
- To experience unity with nature and the Universe by chanting the Om in a group setting
- To explore the effect of sound on matter and your energy centres
- To explore the link between sound and sacred geometry
- To experience the sounds of the chakras produced by Himalayan and Quartz Crystal singing bowls
- To experience your natural inner harmony with sacred geometry using Quartz Crystal singing bowls
- To drum easy rhythmic patterns inherent to the I Ching, the Book of Changes
- To meet and understand the importance of your Power Animal

Additional highlight: Mother Earth is also a living spirit, with her own energy centres. We will celebrate her existence and produce healing sounds together to re-balance her energy.

PROGRAMME

Friday 24 February	16:00 – 21:00 Sundowners at the Stone Circle Bistro Lapa and Braai.
Saturday 25 February	08:00 for 08:30 Breakfast at Stone Circle Bistro 10:00 – 13:00 Workshop With Wilna 13:00 – 14:00 Lunch at Stone Circle Bistro 14:00 – 17:00 Workshop With Wilna 18:00 – 19:30 Dinner at Stone Circle Bistro
Sunday 26 February	09:00 Breakfast at Stone Circle Bistro 11:00 Optional Tour for guests to Ancient Ruins

Package 1 (R 1 050p/p)

3 meals, Workshop

Package 2 (R 1 400p/p)

1 Night Accommodation, 3 meals, Workshop

Package 3 (R 1 900p/p)

2 Nights accommodation, 5 meals, Workshop

Package 4 (R 3 800 per couple)

2 Nights Accommodation, 5 meals, Workshop

BOOKINGS ARE ESSENTIAL

adele@zuluplanet.com or 082 348 3019

This Workshop will give you an opportunity to experience the singing bowls, the shamanic drums and your voice in a supportive and loving setting.

Bring along:

Yoga mat or something else to lie on during the meditations, Blanket/Pillow.