

Australian Academy of Tai Chi & Qigong – Qld

“MORE GOOD VIBES” Energy Vibrations for Mind and Body Wellness

A Sound Immersion and Mindful Meditation with
Master Rod & Friends

Drop into a deep relaxation. Allow every cell in your body to be stimulated with healing vibrations from hand-made therapeutic instruments.

Life is a symphony of oscillatory patterns: electromagnetic energy and sound vibrations that modulate biological signalling and health.

Sound healing has been used for centuries and has been utilised in various forms by cultures the world over, including the Australian didgeridoo and the ancient Chinese standing bells. In the realm of healing techniques, sound inhabits a curious space. It has been used for thousands of years - yet, it's also on the frontiers of modern neuroscience.

Imagine as the sounds are made, your mind drifts to the delicate, naturally soothing sounds. The vibrations go through your body gently releasing deep tension. At the end, you feel, refreshed, mentally bright and deeply relaxed.

Friday 22nd November 7-9pm

Holy Spirit Hall

Villiers St. New Farm



\$29 prepaid or \$35 at the door

Pay your instructor or EFT Westpac New Farm AUSCHI 034-065 130098

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