



# 'Spring Equinox' Journey~in~Sound



## 'Spring Clean & Re-Energise'

**If you feel you would benefit from a total cleansing and re-energising experience this is an amazing opportunity not to be missed!**

We are running a series of deeply relaxing and profoundly cleansing sound baths, leading up to a whole day of truly invigorating 'Pure Ancestral Sounds' on the Spring Equinox that will really bring you 'Back to Life'.

If you have already experienced the power of a 'sound bath' with its incredible resonance and transformational vibrations you will be blown away when you witness the outstanding further benefits of having sound baths in succession of each other. For those who have not yet experienced a 'sound bath' at all.....what are you waiting for?!

### Sound Baths 7.30 – 9.30pm on:

Monday, 16<sup>th</sup> March 2009

Wednesday 18<sup>th</sup> March 2009

Friday 20<sup>th</sup> March 2009

It is our intention through these sound baths to create a deeply relaxing, nurturing and safe environment allowing you to 'let go' and have a thoroughly freeing and cleansing experience on all levels – a sort of spring clean for every level of your being.

### Spring Equinox 'Day of Pure Ancestral Sounds'

Saturday 21<sup>st</sup> March 2009 ~ 10am – 6pm

This will include mini sound baths inter-dispersed with drumming, chanting, breathing and focus/meditation to fully charge the body after the extensive cleansing work we will have done. There will be opportunities for discussion throughout as we go through this process.

Numbers are limited to just 10 people and will operate on a first come first served basis

**Exchange for the total experience: £110**

I feel this will be a very powerful experience for everyone who attends.... and the timing is just perfect!

I will send out details nearer the time to everyone attending to give you a few ideas of what to bring and how you can prepare yourself for the sessions to help enhance your experience even more.

**If you need any more details or to book, please call me on:**

**01604 721881 or 07974574258 or e-mail [roz@earthdance.gb.com](mailto:roz@earthdance.gb.com)**

*Much love*  
*Roz ☺ x*