

# THE BODY SINGS

## A SOUND HEALING WORKSHOP



**Time:** Sat 18 Sep,  
11:30AM-1:00PM  
**Price:** BD20  
**Teacher:** Amal Jaffar  
**To book:** Call 17591565

### **About This Workshop**

*There's a song to each part of the body*

~ The Radiance Sutras

This heart-centred, playful workshop offers you a unique experience of deepening your body connection using your own voice. How? By using meditation to connect with each body part, imagining the sound ("song") it would make and expressing that sound with voice. We'll make sounds that might sound random and funny - and by witnessing them, we understand ourselves better.

This 1.5 hr workshop includes meditation, vocal expression, insight reflection and relaxation.

Join The Body Sings workshop to:

- Deepen your mind-heart-body connection
- Energise your throat chakra
- Feel light & liberated
- Release & let go of vocal inhibition
- Be playful & enjoy being with a group of equally curious souls