



# Yoga of Sound and Healing

Sound vibration is our very nature, and is a source of transformation and wisdom.

This fully guided session will use a variety of techniques and approaches which employ sound as a healing modality. Participants will be invited to enter deeply into their own process of healing and integration. Experiencing the joy of integration does not depend on being able to “carry a tune”. Rather, it is a fundamental human birthright proceeding from the ability to vocalize and/or to imagine vocalizing.

**Sunday, November 22<sup>nd</sup> from 1-5pm**

\$45 includes taxes and light refreshments

All levels are welcome.

## **SAIL LOFT YOGA STUDIO**

2105 Route 329 – The Lodge

for registration call **857-1224** or email **cathy@freewheeling.ca**

[www.freewheeling.ca/yoga](http://www.freewheeling.ca/yoga)

**Silver Frith** is a Kripalu Certified Professional Yoga Instructor with over 30 years of practice experience. Also a Kripalu Certified Holistic Educator and Graduate of the Ayurvedic Institute, she has been offering classes, workshops and retreats to groups in the Maritime region for over 20 years. In 1988 she founded Body.Mind.Energy: Holistic Services, a private practice serving individuals through a variety of healing modalities. As well, she is currently Co Director of Atlantic Yoga Teacher Training.

A musician all of her adult life, Silver’s exploration of chanting began with involvement in the Women’s Spirituality Movement of the 1980’s, where chant and ritual provided vehicles for transformation. She was introduced to mantra chanting while training at Kripalu Center, and has since offered many yoga and chanting evenings in celebration of the Equinox and Solstice seasons. Her studies of Ayurveda with Dr. Vasant Lad, and participation in residential intensives at Yasodhara Ashram, have deepened her knowledge of the power of mantra, and have inspired the Yoga of Sound and Healing work.