

Sound Therapy Workshop

Why Listen to Music You Don't Like?

Experience the healing benefits of sound and music with Sheila Hill

Since Ancient Times the therapeutic benefit of sound and music to soothe the mind and ease our emotions has been well documented. As our knowledge of how the body functions deepens, so our understanding of the therapeutic effect sound has on our physical and emotional well-being expands.

Everyone can benefit from the effects of sound therapy or therapeutic music as vibration and frequency – it's basic components – act as neutral stimuli on many different levels. As sound enters our body it establishes a resonant response throughout our whole system producing a global sympathetic reaction.

Establishing a 'symphony' of movement through listening to music or pure tones encourages a release of tension and helps us relax at a deep level, restoring the body's own dynamic movement. When balance is restored, our body's capacity to regulate and repair itself also improves.

Our body responds quickly to sound because it has an interconnected network of pathways, the connective tissue, through which sound waves travel through the body and into the cells at the speed of sound – we are literally "wired" for sound.

Ironically, it's often the music we *don't* like that has the most therapeutic benefit for us. Come and find out why and experience for yourself a relaxing sound therapy treatment using both tuning forks & music.

Sheila Hill is qualified in the INNER SOUND method of sound therapy

Tuesday 23rd September 2008

2.30 – 4.00pm, Rose Room

**Please book at Reception 0207 384 0099 Minimum
Suggested Donation £10.00**