

*Coming in 2022 ... 8 sessions ...*

## **Four-Element Sound Training: Air / Fire / Water / Earth**

**Help yourself and others. Use sound to rebalance your energy. Re-discover your intuitive self through crafting. Improve your listening skills. Build a genuine connection to Nature and your fellow students. Develop a knowing that you are always guided and protected. And . . . every part of this process is super fun!**

- Make your own unique sound instruments to call in energies of the East (Creativity), South (Love), West (Release) and North (Wisdom).
- Learn how to identify four elemental shadow and addiction energies and treat them with sound.
- Practice chakra balancing using sound and stone energy.
- Learn to use a set of 12 Native American drum rhythms to restore balance to mind, body & spirit.
- Enjoy creative play that engages your intuitive self. Take FUN time for You!
- Get to know your Archetype Allies: The Visionary, The Healer, The Warrior, The Teacher – and the 4 Elements: Air, Fire, Water, Earth -- by spending time in nature and meeting them in ceremony.
- Work cooperatively in a small group of like-minded women.

**8 weekends – 2022 WEEKEND DATES TO BE ANNOUNCED: March, April, May, June . . . September, October, November, December. Saturday 12-9, Sunday 9-1. \$475.00/session. Price includes Saturday overnight stay and breakfast on Sunday, all crafting supplies and books. Location: TBD near Baltimore, MD. Three private sound healing sessions with Ann are also included if you sign up by Dec. 30, 2021.**

*Plan to attend every session. If you are a therapist, consider adding “sound” as a powerful, new tool for your work.*

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