

Sound Healing Workshop

with Solala Towler

Saturday, May 5, 7:00pm - 9pm, \$25
(Pay \$25 when you register in advance - \$30 at the door)

By utilizing the power of harmonic overtones, Daoist breathwork, meditation and group chant we will be accessing the sounds, energetics and power of sound healing, a potent form of energy practice. We will be exploring the world of harmony, balance and inner sound. This class will be mostly experiential and will be an opportunity to enter deeply into the world of sound healing and the



process of opening the inner ear or inner listening. By combining movement with sound and visualization we can raise and circulate *qi (chi)* in our bodies, psyches and spirit or *shen*. Experience the power of sound meditation to open and balance meridians, dantians (energy centers), and the inner landscape of the body/spirit. No prior experience with singing or chanting required.

Solala Towler has been teaching Daoist meditation, QiGong and sound healing for over 23 years. He has studied Harmonic Chant with David Hykes and throat singing with Tuvan singer Igor Koshkendey of the Tuvan throat singing group Chirgilchin. In addition he is the founding member of the sacred music ensemble Windhorse. He has recorded four cd's, *Mountain Gate, Sacred Soundings, Windhorse: Spirit of Tibet and Boundless* and his music has been used in many instructional QiGong dvd's.

Registration Form

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at www.columbiayoga.com

Name: _____

Address: _____

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

Please sign me up for the Sound Healing Workshop with Solala Towler:

May 5, Sat. Evening Sound Healing Workshop, 7pm - 9pm, \$25 when you register in advance (\$30 at the door)

Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____