



SOUND, MANTRA & MEDITATION *Retreat* OCTOBER 2-5, 2015

All sound is in the present moment. The holistic energy of sound is the perfect means to open yourself to your inner spirit, to find your balance and your joy.

During this special long weekend, tune in to the resonance of Himalayan singing bowls, gongs, cosmic tone drums, flutes and other harmonic vibrations. Open to inner stillness with guided meditations and mantras. Gaze across the Australian plain in quietude with the ancient sounds of didgeridoo, drum and voice.

Presented by therapeutic sound and music practitioner **Heather Frahn** and multi-instrumentalist **Stuart Rose**, with guided meditations and mantra recitation lead by **Swami Dayananda** (Nancy Jackson).

- Relax and rejuvenate during a "Soundbath" of instruments
- Open yourself to the reverberations of Sanskrit mantras
- Learn techniques that embrace sound for personal insight
- Unveil your own musical capacities with drums and singing bowls
- Enjoy good company, great food and a lush garden oasis

Full retreat includes all programs, outstanding vegetarian meals, and shared accommodation from Friday, 4pm through Monday, 2.30pm.



Investment \$495 Full • \$475 concession

Bookings please contact Dayananda at Lokananda.

If you have a discount code, please inform when booking.

Ph: 08 8581 1758

Em: enquiries@lokananda.com.au

Lokananda Retreat Centre is just 1½ hrs from Adelaide's CBD.

9 Main Street, Point Pass, South Australia (08) 85811758

More Info: www.lokananda.com.au • www.harmonicproject.com

Come join us!