



AGORA

SOUND HEALING

22 - 24 MAI

INNER
SOUNDS &
AGORA LISBOA
PRESENT

INTRODUCTION TO SOUND HEALING

Tibetan & Crystal Singing Bowls

A weekend in the vibrational universe of sounds & vibrations:

The power of sound and vibrations: mechanical, physical and energetic principles of sound...

Immerse yourself in a sound weekend (sound baths, gong baths, crystal ...)

Awaken your body listening and connect to your inner sensations, let yourself be touched by sound

Discover the mysterious universe of Tibetan and Crystal singing bowls: their history, their different types and components, how to choose them, how to play them, use them, which protocols?

You can test and practice with different kinds of bowls.

This introduction is prepared in order to allow you to learn the basics of using sound therapy while experiencing its effects for yourself: to meditate, in relaxation or for therapeutic purposes on oneself and on others. We invite you to get in touch with the world of sounds and vibrations, including your voice, to find out how you feel it, how you integrate it, how you interact with it and how you connect with it.

SIGN UP AT INFO@AGORA-LISBOA.COM

Rua Rafael de Andrade
23, Piso 2 Lisboa

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Allow your own sensitivity to sound to emerge, receive the representations it creates in your inner world and gradually weave your own awareness and understanding of its effects.

Learn to connect and follow your intuition. We will be specifically interested in the therapeutic instruments that are singing bowls and crystal bowls, their qualities, their universe, their use.

For Who? This introduction is suitable for all those who are sensitive to sounds and vibrations, professional or not.

- All the curious and sensitive people who wish to broaden their knowledge on Tibetan and Crystal bowls and understand how they affect us, how to use them in a personal practice.
- Professionals (therapists, yoga teachers, medical community) wishing to work with the vibratory instruments in support to their practice of accompanying people.

Sound Healing is a real personal life journey, an awareness of oneself and the subtle world around us. The relative simplicity of the technique hides the complexity of the subtle and invisible dimensions which underlie all the processes of functioning of the physical body, thoughts, emotions, energy, life in general. All the work resides in the sensitive, fine & attentive listening of the resonances between the beings and the instruments.

SIGN UP AT INFO@AGORA-LISBOA.COM

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State, Country 123



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.PRICE: 250 € / person

The price includes:

- The lessons on Sound and Vibrations, theoretical and practical (Tibetan bowls, Crystal bowls ...)
- Sound Baths for vibrant evenings and meditations

LIMITED PLACES• Firm reservation upon receipt of the deposit amount 100 € non refundable after April 1st||

NFOS & RÉSA: STUDIO AGORA LISBOA

Mail: info@agora-lisboa.com

Language: French (main language) / Português & English depending on the group

Possibility to issue a level I certificate on request

DATES: from 22 to 24 May 2020 from 10 a.m. to 6 p.m. (Sunday 24/05, end at 4 p.m.)

Reception and meeting with participants on Friday 20/05 at 5pm for a first sound bath and preparation for the weekend

Beginning of training on Saturday 23/05 from 10am.

End of training on Sunday 24/05 at 5 p.m.

LOCATION : STUDIO AGORA, Rua Rafael de Andrade, n ° 23-2 (second floor), 1150-274 Lisboa <https://agora-lisboa.com>

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