

New Balance Through Sound
8-10 December, 2006
Ruth Weimer

The basis of *New Balance Through Sound* is that we are all vibrating, pulsating beings responding to vibration on a cellular level. The practice offered at this workshop awakens an aliveness that can be felt in our bodies, stimulating every cell.

This retreat is for experienced and inexperienced singers, healers, speech therapists and anyone interested in the balancing, healing power of the voice. The only pre-requisites are curiosity and a willingness to be available to the sound stream.

Students practice letting go of the idea and need to create 'good' sound, of the need to control and push. They are taught to remain open, to be put back in touch with primordial sounds, where each note is fresh, each a new beginning. Then the essence can sing.

Students learn to express sound that is audible as "brilliance", high frequencies that occur in the perfect proportions found in all of nature. Nature responds to pure sound by vibrating back into a state of harmony and thereby balancing the body.



Ruth Weimer has led an annual training at Mana for a number of years with an ongoing small group. We are delighted to offer this opportunity to new students.

The number of participants is limited due to the individual attention given, so please reserve your place early. To register please pay \$100 deposit (cheque, visa or mastercard) to Mana Retreat Centre. The workshop begins Friday afternoon and ends on Sunday afternoon.

Cost: \$495 includes accommodation, meals and tuition

Cancellation with more than 10 days notice prior to commencement of the course: Your deposit is fully transferable to another workshop within 12 months or may be refunded less \$30 administration fee. Cancellation within 10 days of the event forfeits the deposit.

Mana Retreat Centre

RD1 Coromandel, New Zealand

Tel 647 866 8972 Fax 647 866 8214

bc@manaretreat.com

www.manaretreat.com