

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





Heather Frahn



Swami Dayananda



Stuart Rose

come join us!

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

Investment

\$495 Full • \$475 concession or early-bird full payment by September 1st.

Bookings please contact Dayananda to hold your place. If you have a discount code, please inform when booking.

Ph: 08 8581 1758

Em: enquiries@lokananda.com.au

"The Sound retreat - a blissful experience like no other." Zoe

"The mixture of activities was well thought out and the sound workshops were a real eye (or ear) opener. The food was excellent: vegetarian and tasty, with gluten free options also available. The company was lovely - great to spend time with such like-minded people. I am looking forward to the next one." Carole

"The Sound Retreat was very relaxing and engaging. I enjoyed using sound as another tool for deepening my meditation."





Lokananda Retreat Centre

Lokananda Retreat Centre is just 1½ hrs from Adelaide's CBD.
9 Main Street, Point Pass, South Australia (08) 85811758

Retreat Presenters Websites:

www.lokananda.com.au | www.harmonicproject.com
www.heatherfrahn.com | www.themoorrose.com



Therapeutic Sound Instruments
Photo by Vassi at Raw Rhythm.