



Sunday Feb 10
2:00 - 3:30 PM

16309 Tavern Estates Rd
Montpelier VA 23192
(804) 683-7330

RetreatsWithAnnette@gmail.com
www.RetreatsWithAnnette.com

Cost: \$30 pay in advance
or \$35 at the door

Update the Vibrational Frequencies in your energy system, release dated behavior patterns, and clear the way for increased balance and flow.

Healing Sound bypasses the mind. It's one of the most effective ways to gain clarity, a renewed sense of purpose and to open your heart. Sound frequency, expectation and pure intent creates a force which travels deep to your core and awakens the more expanded part of who you are. When you learn to let go and accept the healing sound your heart opens, your energy matrix expands and you release emotions and beliefs no longer serving you. This deep sound immersion is simple yet profound and has a lasting transformative effect, clearing the aura of EMF waves and calcified thought patterns. Come and enjoy a time of traveling and healing. *Bring a pillow and get ready to relax, release, and remember your wholeness!*

Instruments Used: Crystal & Tibetan singing bowls, Gong, Meditative Flutes & Drum, Tuning Forks, Bells, Didjeridu

Facilitator:

Mark Torgeson has been a practicing Reiki Master and massage therapist for 25 years, and a musician for 40 years. He has produced over 30 albums of transformational music which have aired on all continents. He teaches workshops on Healing Sound, performs concerts of transformational music, and has cofounded *Center for Planetary Awakening* for



Learn more: www.HealingSoundImmersion.com