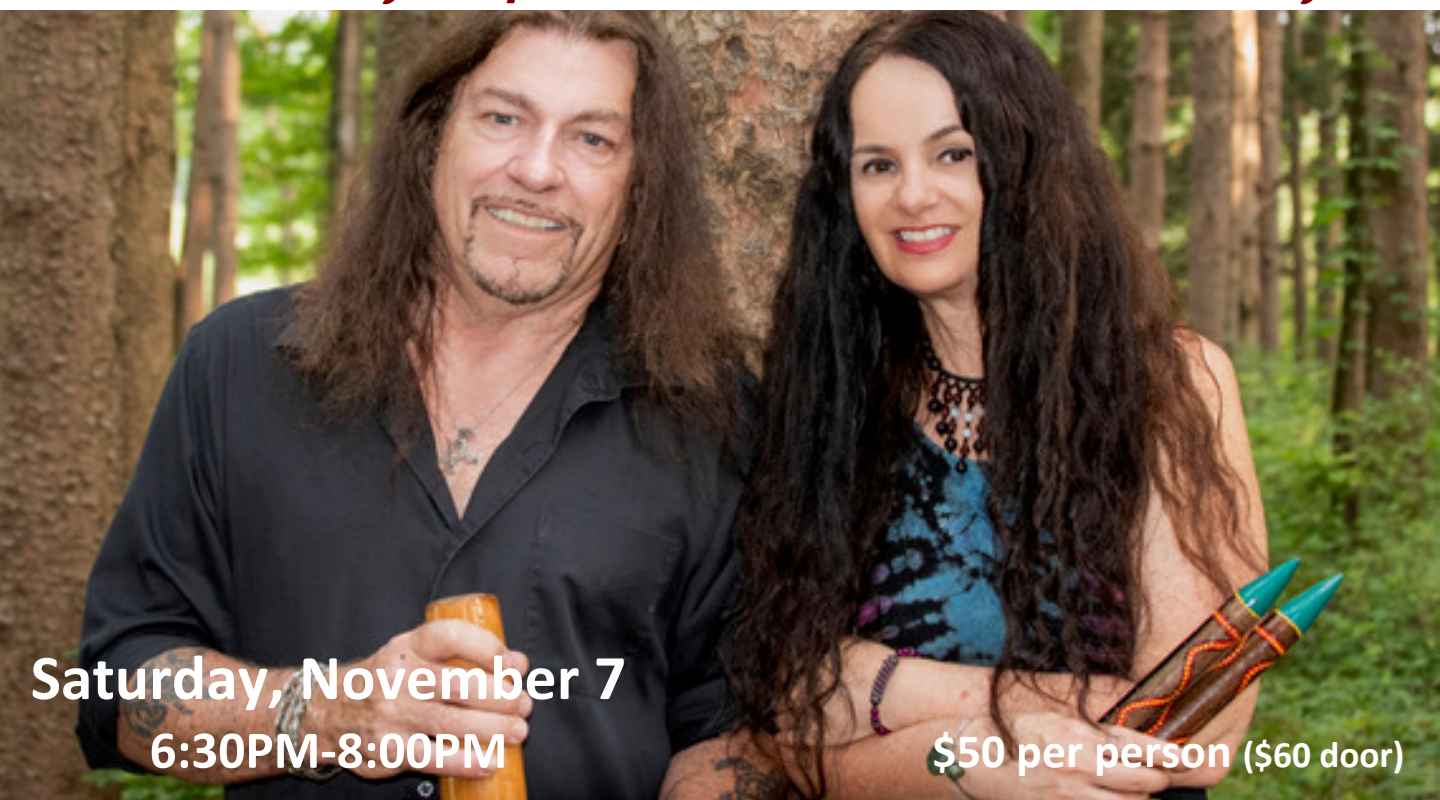


Didgeridoo Therapy & Sound Bath

Presented by Harper & Midwest Kind Sound Journey



Saturday, November 7

6:30PM-8:00PM

\$50 per person (\$60 door)

UpDog Welcomes International Award-winning Australian Musicians and Sound Healers, Peter D. Harper and Bobbi Llewellyn, for a special workshop to embrace change using the ancient Australian Indigenous "Didgeridoo" Wind Instrument (Yidaki/Mako) combined with Sound & Color Therapy, Tarot Card 13 Scorpio Meditation and Conscious Connected Breath Work

Receive a Didgeridoo Sound/Color Vibration Attunement for each participant, combined with a group sound bath experience and meditation on Tarot Card 13 to embrace change through Scorpio. Peter and Bobbi use didgeridoo sound / color vibrational attunement / vocal intonations / conscious connected breath work combined with ancient wisdom to focus on each participant exploring the 7 chakras. The didgeridoo sound healing works on each individual person clearing dark / grey frequencies in problem areas.

Didgeridoo droning is a profound form of vibrational healing used in Indigenous ceremonies. The sonic vibrations release physical pain, grief, loss, stress and emotional blockages. Peter has permission from First Nations clan elders to play this sacred instrument and honored to receive a blessing of his instruments. Through Meditation on Tarot Key 13 Death/Point of Scorpio, participants will learn to how to embrace positive change by releasing negativity and bad habits. Visualization and manifestation mantra exercises help provide this change. Providing positive images through sound, color and tarot, Peter and Bobbi guide participants in positive transformation.

Australian indigenous message sticks, Navajo – The Dine` traditional drum, Native American "love" Flute, drone flute, crystal singing bowls, harmonica, tongue drum, rain disk and keyboard drones are included in their inspirational and healing sound scape. The frequency range alters our brainwaves to a state of deep relaxation known as brainwave entrainment. The sound can be felt and heard working on all levels to bring you back to a state of what is natural.

The husband and wife team of Peter and Bobbi have presented their workshops worldwide in the USA, Canada, Australia, Europe and China winning 14 music awards

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

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