



SOUNDING THE LIGHT

3-day Workshop in Slovenia Fri.18th - Sun.20th October 2019

(flight days not included)

This new chakra workshop combines the knowledge and skills of
Gongmaster Rudolphus Albers and
Living Harmony founders and practitioners
Valerie Bullen and **Viviane Garbe**.

- * Are you living the best version of yourself?
- * Are you following your true life purpose?
- * Would you like tools to help you experience good health and harmony?

Dysfunctional connectivity and energy flow prevent you from expressing your authentic, radiant self and following your true path. In this workshop, you will discover new information about chakra energy flow. We will review the positive and negative aspects of each chakra using Sacred Geometry and the symbolism of the Six Pointed Star and Lemniscate. Centering on the heart chakra, we will enhance the energy flow both within and between the chakras by releasing traumas and blockages, using the sound of the Gong and voice, movement, meditation, crystals, colour and essences. This is a very practical workshop, and you will gain resources and tools to enable you to continue this work on your own after the event.

Testimonials from past workshop participants in Slovenia:

The weekend with you was fantastic. I enjoyed everything thoroughly. The joy of living is much stronger now after the weekend together. The energy that was there with us was really incredibly powerful. I feel truly free. Manuela, Slovenia

The workshop was extraordinary. It included everything and was so gentle and tender, prepared with such love and attention. That's why its depth is even stronger. Everything connected so well and integrated into each cell of my body. How the seminar was prepared, its beginning and its end. I lack the wonderful words to describe all beautiful feelings; extraordinary, wonderful. Mia, Slovenia

Programme

Thursday 17th (Optional and free for course participants), 8pm: Gong and Voice concert

Friday 18th: 9.00 - 5.30: The significance of the six pointed star and lemniscate - Creating your own Sacred Space - The Heart chakra - Sound session: Connecting

Saturday 19th: 9.00 - 5.30: Lower chakras ascending to the Heart chakra - Sound session: Integration

Sunday 20th: 9.00 - 5.30: Higher chakras: spiritual guidance. Sound session: Unification

Venue: The Centre, Gaberje, Lendava, Slovenia

Dates: (Including travel): **17 - 21 October 2019**

Cost: **Early Bird** (paid in full before 1 September): **£300**

Full workshop price (paid in full by 30th September): £350

Full board (vegetarian) accommodation: £175 - £235

Non-refundable booking deposit to secure your preferred accommodation type: **£100**

Included in the cost: All course materials, snacks and beverages.

Not included in the cost: Flights and airport connections to and from the Centre

For more information on flights and types of accommodation, please go to <https://www.livingharmony.co.uk/events/> or **contact** Viviane on **01438 880 486** or email her at info@livingharmony.co.uk