

FIND YOUR MAGICAL VOICE

with Leila Vey

In this introduction to sound you will learn how to use the power of your own voice along with the transformational properties of crystal singing bowls for meditation, stress management, healing, manifesting, intuitive development and spiritual growth.

Course Outline:

- Introductions
- How sound & resonance works to heal and transform
- Find your personal magical voice
- How crystal singing bowls work to heal and transform
- Discover resonance by marrying voice with singing bowls
- Learn how to meditate with voice and sound including drones, mantras, chants and spirit-led singing
- Learn an exercise for stress management
- Learn an exercise for physical, emotional and/or spiritual healing
- Learn an exercise for manifesting what you want
- Learn how to use sound to enhance, support and accelerate development of intuition and spiritual growth.

For more information about Leila's workshops and other services, please visit <http://www.leila.ca>.