

Autophonetics

Ghost River Crossing

September 29 & 30, 2011

Name: _____

Address _____

City/State _____

Zip Code _____

Home Phone: _____

Work Phone: _____

Email Address: _____

ORGANIZED BY
REGENESIS CONNECTION INC

INNER SOUND AUTOPHONETICS Voice workshop



*Learn to express
your inner sound to
resonate and tune your
body, mind, and spirit*

Thurs & Fri Sept 29 & 30, 2011

9 am to 6 pm both days

Near Calgary, AB Canada
(Ghost River Crossing NW of Cochrane)

Instructor: Arden Wilken

*(Both Musicians and non-musicians welcome.
No pre-requisites or singing experience
necessary.)*

Participants' comments:
*'The experiential exercises are
deceptively simple, in that they
are very easy to do and
surprisingly deeply effective... I
routinely use the simple self-
massage and postural training
and found that they are
changing my body and
decreasing my physical
tension.'*

*'I had no idea that sound could
have such impact on the
flexibility of the actual
connective tissue and body
structure.'*

*'This was a life changing
course for me.'*

This is the first of a 2 part course. The second part will teach participants to help others use their own voices for self-care.

**Expressing your Inner Sound
brings well-being and joy**

*Read our peer reviewed article,
"Our Sonic Pathways" at*

www.innersoundonline.com

For more information and registration details:

Suzanne Royal
Program Coordinator
Regenesis Connection Inc.
1100 – 1st Street SE, Calgary
Alberta T2G 1B1
Canada
403-231-7762 (O)
403-919-7762 (C)
royals@regenesiscconnection.com

Location: www.ghostrivercrossing.com

CE Credit Objectives

- ❖ Optimal posture and breath
- ❖ Gentle massage to soften the connective tissue and release mild muscle and connective tissue discomfort
- ❖ Vocalic sounds and bodily movements for balancing the emotions
- ❖ 21 short melodies for well-being

BENEFITS

- ❖ Easy to learn and use in daily life
- ❖ Complements any vocal technique: singing, chanting, toning, etc.
- ❖ Builds self-confidence and promotes communication
- ❖ Promotes relaxation and stress reduction
- ❖ Creates high amplitude of vibration in the body to unblock tension in connective tissue

Simple and effective self care

Your own free sound is key to your happiness.

Autophonetics- Advanced Course*

Pre-requisite: Autophonetics- Voice course

Learn to apply the elements of Autophonetics- Voice course with others for home use and to complement personal growth and healing:

- ❖ Posture
- ❖ Vocalic Sounds
- ❖ INNER SOUND motifs
- ❖ Visualizations
- ❖ Movement
- ❖ Practice CD

*This course does not award contact hours from the AHNA nor Massage CE hours.

For more information:
info@innersoundonline.com
1 206 618 3985

Wear comfortable clothes and bring a mat or towel to lie on

Detailed student material provided

Optional Vocal Practice CD available-
US \$10

Successful completion requirements:

1. Entire course attended
2. 90 % of the exercises performed
3. Comments and feedback given



School for INNER SOUND is approved by the National Certification Board of Massage Therapy and Body Work (NCBMTB) as a continuing education Approved Provider. (#405498-00) USA

**Contact hours awarded: 18
(Self Care)**

(NCBMTB approval until May 29, 2013)