

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

Autophonetics Prince George, BC

October 15 & 16, 2011

Name: _____

Address _____

City/State _____

Zip Code _____

Home Phone: _____

Work Phone: _____

Email Address: _____

Course Tuition: US\$300

(Registrations must be received by Sept 23rd.)

**Please register with credit card (Call Seattle),
Money Order in US dollars (Send to Seattle)
or online:**

www.innersoundonline.com

(course/concert schedule; Canada)- *via Paypal*

School for INNER SOUND
2542 Westlake Ave N #9 Seattle, WA 98109 USA
Tel: 1 206 618 3985

Course Coordinator (Prince George):
Laurel McKirdy Tel 250 962 2018
email: apumpkin@shaw.ca

Course location: Prince George

**18 CONTINUING
EDUCATION HOURS**

**INNER SOUND
AUTOPHONETICS
Voice workshop**



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

October 15 & 16, 2011

9 am to 7:30 pm both days
Prince George, BC Canada

Instructor: Arden Wilken

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

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)