

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

Seattle, WA

Mar 5 & 6/ Oct 8 & 9 2011

Name: _____

Address _____

City/State _____

Zip Code _____

Home Phone: _____

Work Phone: _____

Email Address: _____

Check which certificate you require:
 Message Normal

Regular Tuition – US\$315.00
Early Bird - US\$295 by Feb 5, 2010

Please register:
- online at www.innersoundonline.com
(course/concert schedule; USA/WA)- via Paypal

or

Send check (made to INNER SOUND) & this form to INNER SOUND (206 618 3985)
2542 Westlake Ave N #9 Seattle, WA 98109
info@innersoundonline.com

Location: School for INNER SOUND Seattle WA

Seattle, WA

Mar 5 & 6 or Oct 8 & 9 2011

**18 CONTINUING
EDUCATION HOURS**

**INNER SOUND
AUTOPHONETICS
Voice workshop**



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

9 am to 6 pm both days

(Check for new dates www.innersoundonline.com)

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

*CE hours awarded from School for INNER SOUND

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)

Contact hours awarded: 18 (Self Care)

NCBMTB approval until May 29, 2013)