

**18 CONTINUING  
EDUCATION HOURS**

**INNER SOUND  
AUTOPHONETICS  
Voice workshop**



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

**June 26 & 27, 2010**

9 am to 7:30 pm both days

Calgary, Alberta area  
(North of Airdrie)

*Instructor: Arden Wilken*

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

**Autophonetics Calgary, Alberta**

**June 26 & 27, 2010**

Name: \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_

Zip Code \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Check which certificate you require:  
 Nursing     Massage     Normal

Regular Tuition – US\$315.00

**Early Bird** - US\$300 by May 26, 2010

Purchase of Tuning Forks is optional; Tuning Forks  
will be available for your use at the course.

**Please register online:**

[www.innersoundonline.com](http://www.innersoundonline.com)

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

**Course Coordinator (Calgary):**

Monique Arsenault Tel 403-932-4267

email: [monique@nucleus.com](mailto:monique@nucleus.com) (with voice course in the  
subject line or the email will be deleted)

**Course location:** Calgary area (north of Airdrie)

**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](http://www.innersoundonline.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](mailto: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

*INNER SOUND International/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)*

*“Approval Statement: This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.”*

*Disclaimer Statement: “Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.”*

*Contact hours awarded: 18  
(Self Care)*

(AHNA approval until Nov 2011  
NCBMTB approval until June 2010 )

California and Iowa Nurses: You can use the contact hours from the AHNA for licensure only when you take this course out of state- you can use it for other kinds of continuing education credits or contact hours if you take it in your state- just not for licensure.

**Financial Disclosure Nurse Planner:**  
Vicki Slater has no commercial relationships to disclose.

**Financial Disclosure Faculty:**  
Jack Wilken is the Director of INNER SOUND International.

**Financial Disclosure Presenter:**  
Arden Wilken receives a fee for teaching and for the sale of her CDs from INNER SOUND International.