

Connecting Music NZ/CZ presents:

# SOOTHING SOUND JOURNEY

A DEEPLY RELAXING INTERACTIVE EXPERIENCE

SUNDAY, 03/11/2019 10.30am – 4.30pm

**THE SPOT** - Masterton, 365 Queen St (opposite the Warehouse)



Busy life? Stress, exhaustion, anxiety, feeling tired? Or are you just curious to try something new and flow on soundwaves? Come and join this professionally-led day of gentle sounds, soothing voices, calming harmonies and silent meditation. Even if you never did anything like this, you will discover the potential of sound vibrations and frequencies, treat yourself by listening to and maybe even co-creating yummy sounds. We will also enjoy some wilder group drumming, guided improvisation, waiata and subtle dance.

No pressure, everything is optional.

Hundreds of rare music-therapy instruments provided for you to hear and to try yourself.

**ADULTS ONLY**, (mature teenagers also welcome) **NO PREVIOUS MUSICAL EXPERIENCE NECESSARY!**

**\$55 (waged) or Koha (unwaged)**

(venue, facilitation, tea/coffee, biscuits, instruments maintenance)

**BYO:** yoga mat or mattress, pillow, favourite blanket, comfy clothing, water bottle or tea in thermos, something delicious to share during the **POTLUCK LUNCH (@1pm)**, musical instruments (not necessary)

**Limited spaces!** Registration and info at [jonas@connecting-arts.com](mailto:jonas@connecting-arts.com)

After you receive confirmation of your registration, please send \$20 deposit or full payment to BZN account 02-0733-0201213-000.

[www.connecting-music.nz](http://www.connecting-music.nz)

