

Meditation Through the Voice – Sacred Sounds of India



An encounter with your own voice, your divine origin and unconditional love.

Reduce anxiety and stress, connect with present moment, discharge blocked energies and create a harmonious relationship between body, mind and soul.

Run by Sarah De La Cerda.

Friday 6.30 – 7.30pm

Commencing 3rd February for 9 weeks at 43A De Carle St., Brunswick.

\$147 full / \$134 Concession

For Bookings 9386 9418 / info@bnhc.vic.edu.au

bnhc.vic.edu.au

*Brunswick
Neighbourhood
House*