



Nature Care College

Healing Sounds

DESCRIPTION: This 6 hour workshop will explore how sounds can be used to relax and heal each of us. Just as everything in the universe is in a state of vibration, we too are all unique vibratory beings. Learn to tune your body-mind-soul using a variety of healing sounds. Experience deep states of relaxation, allow your own innate healing system to be set in motion, awaken the harmonious flow of energy in your cells and organs. Discover the importance of your thoughts, feelings and beliefs and how they may be used to amplify the healing power of sound. Stay tuned!

**ABOUT
JUDY KATER:**



Judy Kater has more than 20 years experience as a facilitator of Meditation, Yoga, Counselling, Deep Relaxation, Harmonic Sound Healings and Healthy Lifestyle Education.

She understands the importance of self care and self-connection and being true to the guidance that our body-mind-spirit signals to us in every present moment. Judy works with individuals and groups, sharing practical ways to nurture and restore energy levels, gain clarity, insight & inspiration in one's life.

"In Judy's expert and compassionate hands, tensions melt away and balance is restored. Harmonic Sound Deep Relaxation with Judy is a unique experience. MS

Judy is a trainer in Meditation and a member of the Energetic Healing and Life Studies Faculty at Nature Care College. She also holds a Diploma of Counselling and is an accredited Yoga and Meditation Teacher. She is a member of both the Australian Counselling Association & Yoga Australia.

DURATION: 6 hours (1 day workshop)

WHAT TO BRING: Please wear comfortable loose clothes & bring a cushion to sit on, a notebook, pen and a blanket or shawl for covering.

AFTER THIS COURSE: You might like to consider the following related short courses, which can be used as part of the Diploma of Energetic Healing or the Meditation Facilitator's Certificate.

- Introduction to Energetic & Spiritual Healing
- Meditation 1

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.