

The Audible Body



November 12th, 2011 noon-6pm Port Townsend, Washington

The human body is a symphony of rhythm, pulse, flow, and tone.
The vibratory nature of sound and voice have many healing applications.
The physical form is wonderful ground to do the work of awakening.
The physical houses the emotional, spiritual, physical, and psychological bodies.

The vibration of Sound vocalization has the ability to break-up and liquefy calcified deposits, crystallization, and energetic congestion from emotional memories that build up in cells, tissue, and energy meridians.

The physics and the nature of sound:

- * Sound changes form, re-arranges form, breaks up crystallization
- * The application of sound and movement can transform these deposits and create more fluidity in the body, as well as in the mind.

- * We will use our perceptions to listen and sense what do our bodies need to express.
- * We will use our voices and breath and movement to express our audible body.
- * We will experience how Sound helps us maintain ease and fluidly.

Vickie Dodd, Director of Sacred Sound Works, is an internationally known pioneer in the field of Sound as Bodywork. She is an Aston Patterning Teacher, Herbalist, Nutritionist, author of *Tuning the Blues to Gold*, a recording artist and a hands-on practitioner and Teacher of Sacred Sound for over 40 years.

Contact for registration and information:

**Velda Thomas
360-732-0084**

veldathomas@hotmail.com