

ENERGETICS

SOUND THERAPY SESSIONS WITH JOSEPH CARRINGER

Joseph is an internationally known didgeridoo musician and sound therapist. In his sound therapy practice he uses concert class didgeridoos, combining Traditional Chinese Medicine meridian and organ theory with Ayurvedic Chakra philosophies creating a unique and powerful therapeutic sound healing experience.

Workshops/Classes for Joseph during Retreat -

- **Didgeridoo Journey Meditation**

Saturday 10:00 - 11:30 pm

An introduction to the therapeutic principles of the didgeridoo and a basic overview of journeying/meditation. The didgeridoo keys selected for this meditation are played for longer durations and chosen for their ability to support journeying, meditation, visioning and intention manifestation.

- **Didgeridoo Chakra Clearing**

Saturday 1:00 - 3:00 pm

A meditative journey that reconnects the mind with the body and allows you to journey and meditate within each major energy center by using concert class eucalyptus didgeridoos tuned to the key of each major chakra.

- **Embracing the Power of the "Mind/Body" Connection**

Sunday 10:30 am - 12:30 pm

This workshop covers the power and importance of the mind/body connection and how the effects of the Western lifestyle can impair the mind/body connection from occurring effectively or in some cases at all.

Joseph will also be accompanying Shawn & Richard during some of their classes/workshops too. See our schedule for more details.

Private Session Appointment Times -

Individual Sound Therapy Entrainment's are a powerful tool to help people through a variety of personal health and growth issues.

Saturday

9 - 9:30 am

3:30 - 4 pm

4:15 - 4:45 pm

Sunday

9 - 9:30 am

2:30 - 3 pm

3:15 - 3:45 pm

stand-alone price - \$75/session

All-inclusive attendee discount - \$65/session



**to schedule an appt. with Joseph,
call or text (603) 321-0277
didgetherapy.com/**

