



Suara Sound Academy



“Tuning For Health” Programme

Sound Meditation - Following a recent clinical study on the benefits of Sound Meditation, Debbi Walker, Founder of **Suara Sound Academy** has recently launched the **"Tuning For Health" Programme** which we are honoured to be bringing to our local community.

Are you experiencing -

**Pain
Anxiety
Low mood
Sleeping problems**

**If the answer to any of the above is yes, this programme may be
Just what you are looking for**

This is a 6 week programme where we will meet once a week in a small group for approximately one and a half hours to experience the benefits of **Sound and Sound Meditation**, followed by refreshments and time to chat. You will also be required to commit to listening to the 30 minute Triple Om soundtrack on a daily basis for the duration of the programme.

**Total cost per person for 6 week programme is £72.00 to be paid in advance
Dates and Venue to be confirmed**

Please see the link below for details of the recent clinical study which reports the impressive benefits that were experienced by the participants in mood states, physical and mental wellbeing.

<https://www.suarasounds.com/triple-om-study>

For Further details or to reserve your place please contact us

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