

MIRRORING YOUR INNER LIGHT: *a sound healing meditation*

April 18, 2020 9:30-4:00



Music and sound healing strengthens spiritual growth, enriches meditation practice and can help you be open to receive inner healing.

You will be guided this day in relaxing and deepening music and sound healing that will focus on shining your inner light to all facets of your life.

\$80 includes hot lunch.

Danny Carroll (B Mus (Composition), M Ed) is a professional musician, composer and educator. He has composed, played and produced music and soundscapes for many Winnipeg theatres including Rainbow Stage, Royal Manitoba Theatre Centre, and Manitoba Theatre for Young People.

l'aura Carroll (RCRT) is an intuitive/energy sound healer with more than 25 years of experience teaching different forms of meditation, energy work and sound healing.



St.Benedict's Retreat & Conference Centre
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