

# Australian Didgeridoo Workshop \$20 Advance/\$25 Door

## with Phil Jones

This interactive workshop explores the use of breath and sound frequencies to connect with the Divine, and create a deeply serene state of consciousness for the enhancement of healing, meditation, prayer and creativity.

The didgeridoo is an ancient mesmerizing drone instrument made from the eucalyptus tree and is traditionally played in healing ceremonies by the Aboriginal clans of Australia.

- **Creates soothing resonant harmonics**
- **Enhances mental clarity**
- **Fosters emotional equilibrium**
- **Creates a state of relaxation**
- **Lowers blood pressure & relaxes the heart**
- **Reduces sleep apnea**

**When:** February 12, 2010 at 7 pm

**Where:** Butterfly Yoga 3025 N. State St.

**Contact:** 601/594.2313

**E-mail:** [scotta@butterflyyoga.net](mailto:scotta@butterflyyoga.net)



**Phil Jones** was the lead singer/songwriter for the renowned English rock band 'Quintessence' (Island Records), and has been merging various mantras, sounds and themes into his professional music career since the 1960's. An engaging and inspiring interfaith minister and singer, Phil currently lectures and performs at churches and spiritual fellowships, wellness centers, yoga studios, and universities throughout the USA and is featured performing and teaching the Australian didgeridoo on the IMAX DVD: 'Sydney - A Story of a City.'

**~No prior musical experience is necessary~**

All participants will be provided an instrument to play during the workshop.

Didgeridoos and meditation CDs will be available for purchase after the workshop.

Register online or find more info at [www.butterflyyoga.net](http://www.butterflyyoga.net)