



Vibration therapy offers a range of benefits that can positively impact our overall wellbeing, spanning our health's physical, emotional, and even spiritual dimensions. We cordially invite you to a new and unique workshop 'Healing through sound and breath' on 24 August 2024, 5.30 - 7PM.

We will be working with

vibrational healing:

Sound healing (our body is all ears!)

Sound (or vibrational) healing is a therapeutic practice that uses vibrations and frequencies to promote physical, emotional, and spiritual wellbeing. Rooted in ancient traditions, sound healing operates on the principle that all matter, including the human body, vibrates at specific frequencies and specific frequencies can influence different aspects of our being.

It can be achieved by employing instruments such as singing bowls, gongs, tuning forks and the human voice to create resonant tones that can influence the body's energy fields. In this session it will be mainly Andrea's voice, through singing.

Energy healing

Reiki is a hands-off energy healing practice that focuses on balancing the body's energy flow, known as chi or prana. Both Andrea and Anneleen are qualified Reiki practitioners and channel healing energy through their hands to help remove energy blockages and restore balance.

Assisted by the vibrational properties of essential oils (**aromatherapy**) and **crystals** to enhance the healing effects and promote physical and emotional wellbeing.

the breath:

Breathwork, the practice of consciously controlling the breath, is increasingly recognised in both traditional and alternative medicine for its significant impact on physical and mental wellbeing. Countless scientific papers have proven health benefits, such as reduced stress and anxiety, improved mental clarity, enhanced emotional regulation, lowering blood pressure and heart rate, improving sleep quality, supporting better respiratory function, boosting energy levels, and helping to manage chronic pain.

While breathing itself is not a vibration, it plays a crucial role as the rhythm and depth of breath produces and amplifies the resonance of sound waves within the body and boosts relaxation and healing.

channelling:

Of all things above, channelling sounds probably the most 'woo-woo'. But we all do channel, it's drawing information from 'somewhere out there' (to date, nobody can prove if/where it's located in the brain!) and throughout times, people from Einstein to musicians and poets have claimed their inspiration didn't come from themselves, it somehow came to them. Call it intuition, for want of a better word.

Some people's intuitive senses are stronger than others, and they 'channel' more of that creative source through them. In Anneleen's case it manifests through her hands (reiki) and through strong intuition; Andrea taps into sound frequencies also known as light language and into energy from other dimensions across the universe, channelling movement and sound through her body.

What to expect

Anneleen will start the session with gentle breathwork to help you get into a relaxed state. Andrea will use her voice and movement to relay the frequencies that can help each person with their particular issues.

While you are deeply relaxing (or even falling asleep, that's also fine), Andrea will be singing and Anneleen will come around to do reiki, placing her hands lightly on or just above your body.

Switch off and enjoy.

Practical

Location	<u>Serenity Space</u> 205 Merton Road London SW18 5EE
Price	This workshop is a pilot and by invitation only. We ask for a small contribution of £10 to cover the hire of the room in return for feedback. You can transfer this to Teal Therapy, S/C 23-69-72, A/N 27285364 or pay this in cash on the day.
Input	After the workshop we'll send you a short form asking your opinion on its format, and we may be in touch a few weeks later to see if you have observed any effects. To optimise the session's healing potential, we will ask you some personal information when you sign up, which of course will be treated with the highest confidentiality.
Disclaimer	We do not claim to heal or cure any disease. This session is not a replacement for medical services.

FAQ

What conditions does it benefit?

There is ample evidence of the positive impact on stress, anxiety, chronic pain, depression, mood disorders, fatigue and insomnia, cognitive functioning and focus, physical recovery (e.g. after an operation), enhanced immune function, limiting beliefs, trauma and much more. Please get in touch if you have any questions.

Is the workshop underpinned by scientific evidence?

- There is probably little need to convince you with scientific citations on how **sound** – e.g. in the form of music – can have an impact on somebody's mood, emotions and overall state of being. Listening to your favourite tunes, soothing sounds or experiencing vibrations on your skin can induce feelings of happiness, deep relaxation and alleviate stress.
It also stimulates cellular healing: in physics, resonance occurs when an external force matches the natural frequency of an object, leading to a heightened amplitude of vibrations. In the context of cellular healing, exposing the body to resonant frequencies can stimulate cellular activity and potentially facilitate healing processes. While the exploration of sound's

influence on cellular healing is still in its infancy, multiple studies indicate that sound therapy can reduce stress and anxiety, lower blood pressure, improve mood by promoting relaxation and reducing the levels of the stress hormone cortisol, and much more. For example [this research paper](#) concluded that music in 432Hz frequency promotes a sense of calmness, improves sleep quality, reduces stress and anxiety.

- The benefits of **breathwork** are supported by thousands and thousands of scientific papers. If you are interested in any particular aspect, ask Anneleen and she'll point you in the right direction.
- As to **reiki, aromatherapy and crystals**, while there is substantial scientific evidence suggesting they may have beneficial effects on pain, anxiety, fatigue (cancer patients) and overall wellbeing, more high-quality, large-scale randomized controlled trials are needed to scientifically validate their efficacy. Their use in traditional and cultural practices has ancient roots, spanning several cultures and traditions and its benefits have been documented for thousands of years.

What if I don't have any issue that needs healing?

You are still very welcome! In that case just enjoy the deep relaxation that the session will offer.

Are there any side effects?

Vibrational healing is a non-invasive, low-risk therapy that many people find beneficial for managing symptoms, complementing traditional medicinal treatments and enhancing their quality of life. However, some specific frequencies may not be suitable for everyone. If you are pregnant, have a pacemaker, suffer from epilepsy or psychosis, or have a severe medical condition, please consult a healthcare professional before signing up for the workshop. The frequencies of a human voice range from approx. from 100hz to 8khz. We do not use ultra-low or ultra-high frequencies.

Do I need to bring anything?

No need to bring anything else than an open mind and beneficial intentions. Serenity Space provides mats, bolsters, blankets and water. Loose clothing will help you relax optimally.

What if I don't notice anything?

Light code frequencies are coming through Andrea and Anneleen's chakras and hands to you during the entire duration of the session. Even if you don't feel anything, know that you are still receiving these frequencies.

What is Andrea and Anneleen's background?

- Andrea is an energy intuitive who channels messages of universal knowledge and divine healing energy through her singing, helping people connect with their hearts. Her [website](#) is currently being redesigned; if you'd like to see testimonials just ask and she'll send them through.
- Anneleen is a cognitive behavioural hypnotherapist, breath coach and reiki master. Check out her websites www.tealtherapy.uk (B2C) and www.corestar.co (B2B) for more information and testimonials.

Spaces in the workshop are limited. Please contact either Andrea or Anneleen directly to sign up, or for any questions you may have.



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