

Sounds of Transformation

A Sound Healing Workshop with Ruth Cunningham

Learn to use the voice and music as tools for personal transformation, creativity, and connection to spirit. This workshop will introduce practices of humming, toning, chanting, mantras, and simple improvisation—tools that can be used in creating a daily sound practice to continue after the workshop. We will explore new ways of experiencing music and how to use music and sound more effectively in daily life. In addition to sound the group makes together, Ruth will improvise with voice, medieval harp, and flute, to create music specific to the occasion and the group of people gathered.



Date Sunday, April 29, 2018

Time 1:30–4:00 PM

Price \$20

Location Albany Unitarian Universalist,
405 Washington Ave., Albany NY

Reservation required, space limited.

To reserve your place Call 518-463-7135 or send email to registration@albanyuu.org. Bring payment to the workshop.

Ruth Cunningham is a classically trained musician, a sound healing practitioner, and a founding member of Anonymous 4. She has performed all over the United States and internationally and is certified as a cross-cultural music healing practitioner by the Open Ear Center, where she studied with Pat Moffitt Cook.

For more information and sound samples go to www.ruthcunningham.com.

Albany Unitarian Universalist

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