

Some things to remember ...

- Dress warmly in loose fitting cloths – avoid buckles, buttons and zippers, stones & metall items.
- Shoes will need to be removed. Stocking feet are required.
- Allow 2 hrs. between a large meal and 1 hr. between small meals before participating in any sound session.
- Alcohol and energy work DO NOT MIX.
- Come to our spa fragrance free. Apply essential oils sparingly as some have allergic reactions to fragrances.
- If you are allergic to fragrant candles, please tell us when you book your session.
- After the session, drink plenty of water (6-8 glasses for the next 3 days) to flush the toxins out of your body.

For Group Sessions ...

1. Joy@woodsong.us 708-302-2986 to verify available space and to make your reservation.
2. Reservation will be held only **1 week** pending the receipt of your payment.

Make Checks Payable and Mail To:

WoodSong

P.O. Box 112, Mokena, IL 60448

Please include sessions dates(s), AM or PM session, participants names, phone #(s) and e-mail addresses.

Cancellation Policy:

Because of the intimate setting of our space, registrations are generally non-refundable and non-transferable to another date.

If, at the last minute, you find that you are unable to attend, you may send another person in your place.

January – June 2012 Calendar Reservations are Required

Singing of the Gong - \$20

(Gongs are played 60 minutes)

1/20/12 – Friday 9:30 – 11:00 AM
1/20/12 – Friday 7:00 – 8:30 PM
1/27/12 – Friday 7:00 – 8:30 PM

2/10/12 – Friday 9:30 – 11:00 AM
2/10/12 – Friday 7:00 – 8:30 PM
2/17/12 – Friday 7:00 – 8:30 PM

3/09/12 – Friday 7:00 – 8:30 PM
3/20/12 – Tuesday 9:30 – 11:00 AM*
*Spring (vernal) Equinox Special

4/20/12 – Friday 9:30 – 11:00 AM
4/20/12 – Friday 7:00 – 8:30 PM
4/27/12 – Friday 7:00 – 8:30 PM

5/18/12 – Friday 9:30 – 11:00 AM
5/18/12 – Friday 7:00 – 8:30 PM
5/25/12 – Friday 7:00 – 8:30 PM

6/08/12 – Friday 7:00 – 8:30 PM
6/20/12 – Wed. 9:30 – 11:00 AM*
*Summer Solstice Special)

Extended Singing of the Gong - \$30

(Gongs are played 90 minutes)

3/20/12 – Tuesday 7:00 – 9:00 PM*
6/20/12 – Wed. 7:00 – 9:00 PM*

*Spring Equinox/Summer Solstice Special)

Gift Certificates Available



Sacred Sound & Wellness Spa

Calendar of Events
January – June 2012

St. Francis Woods
9201 W. St. Francis Road
Frankfort, IL 60423
708-302-2986
(Lower level of the Motherhouse)

www.woodsong.us

Joy Sloan, Director, CVSP
Certified Vibrational Sound Practitioner

(((Sound Massage))) Relaxation Experience

Himalayan metal bowls are used to gently massage and relax, cleanse and refresh, energize and nourish spirit, mind & body! This delightful experience can help quiet the mind, soften the body and soothe the soul by reducing pain and stress. Part of the science known as cymatics, these melodic instruments are used to encourage the subatomic layers of the body to retune and return to more healthy vibrational frequencies; a state of wholeness and wellness. Within this state of deep relaxation, pathways to prayer open; allowing one to enter more deeply into a state of Divine peace, joy and harmony.

45 or 60 minute personal session
\$50 or \$60 Offering

To schedule a session - Joy@woodsong.us
708-302-2986



Wind, Moon, Earth, Sun & Chiron Gongs

The Singing of the Gong

Relax and recline on luxurious, padded yoga mats. Experience the transformational waves of sound as you are bathed with the rising and falling rhythms of celestial planetary gongs. Through these magnificent instruments comes a spiritual awakening and the wisdom that true healing or transformation can only be achieved through faith in the Divine.
(If you are unable to lie on the yoga mats, chairs are available.)

*Please notify us
when making your reservation.)*

90 minute group session

(gongs are played 60 minutes)

\$20 Offering

Maximum number participants – 17

Minimum number – 13

To make a reservation - Joy@woodsong.us
708-302-2986

Gong by Design

(New)

For those who desire
an even more intimate setting!

*Perfect for anniversaries, birthdays,
and other special occasions.
For a unique and creative way
to relax with your bridal party,
or simply the desire for sacred time together,
come and enjoy a*

90 minute private group session

(Gongs are played 60 minutes)

2-4 participants - \$60 per person

5-8 participants - \$35 per person

9-12 participants - \$25 per person

To schedule a session - Joy@woodsong.us
708-302-2986

