



SOLS Presents

Inez

**Certified Sound Healing Therapy
Heart-Centered, Energy Healer**

**Friday, November 20
7:00pm to 9:00pm**

**First Congregational Church
1229 Court Street Martinez, CA 94553**

\$35.00 Per Person

\$45.00 charged for registrations and payments after November 16



925 335-9396 / solrefuge.org / sols1034@gmail.com

Sound Healing is the practice of using audio tones and vibrational frequencies to repair damaged tissue and cells within the body. It works on the basis that all matter is vibrating at specific frequencies; and sickness, disease, depression and stress causes human beings to vibrate at a lower frequency. Sound healing can awaken your soul to another dimension of health that you have never experienced before.

Inez will be sharing her healing practice with those who want to experience the dynamic healing power of sound. She will create ancient sounds with Tibetan bowls, gong and various instruments and bring in the tuning forks to shift energy fields.

Inez uses a holistic approach by combining indigenous wisdom and intuitive therapies, world healing philosophies with scientific techniques. She uses therapies of sound, music, and voice in concert with medicinal healing plants, meditation, acupuncture and bodywork.

Being Mestiza (Native American mix heritage), she sought out the knowledge of Curanderas (medicine women), studying the Mayan medicine-woman, Ms. Beatrice Waight, shaman, midwife and sage in Belize. She learned the healing power of: invocation, the Rainforest plant medicine, ceremony, listening and trust.

She received her formal training, *Certified Sound Voice and Music Healing*, from the *California Institute of Integral Studies* with Silvia Nakkach and John Beaulieu. Inezhealingarts.com