



# **Introduction to Sound Healing at Destiny Rising**



This will be an introduction into using Sound as a healing tool, which will be followed by a 7 week course. If you would like to learn how to play the Gong, Conch, Himalayan bowls and more and how they can be used as a tool for healing, then come along for a relaxed evening of sound, vibrations and learning.

We will start the evening with a brief history of the various instruments and finish the evening with a sound bath.

If you have any instruments that you would like to bring along please feel free.

Date	Wednesday 28th October
Cost	£15
Venue	Destiny Rising
Time	19:30 - 21:30
Location	Destiny Rising Battlers Green Farm
Contact	Dana Tel: 01923 852 522



Olaf is a Gong Master Therapist, White Light Healer, Shaman and Crystal worker. In his mid twenties Olaf started looking more deeply into healing and alternative therapies.

On returning from Nepal and India he starting working with sound and after meeting Grand Gong Master Don Conreaux at the MBS festival in London, started to explore the healing sounds of the Gong. He now assists Don whenever he is in the UK and teaches Gong Master Training in Dorset along with other events in the UK and has appeared on TV and Radio.

Olaf never ceases to be amazed by the healing power of the Gong.

Olaf is available for 1 to 1 sessions, group Gong baths, Workshops and Concerts.

He can be contacted via his web site [www.sacred-sounds.com](http://www.sacred-sounds.com) or by email [olaf@sacred-sounds.com](mailto:olaf@sacred-sounds.com)