



SINGING MANTRAS & MEDITATION

Singing of simple repetitive melody lines, interspersed with meditative silence

Old and new composed melodies from various traditions

Regulates breath and heart rate; gives relaxation both physically and mentally

Gives (inner) space

Refines the capacity of listening, feeling and experiencing

It opens up and makes you more aware of what is essential

Vocals- or meditation experience is not necessary

String- and percussion-instruments, support, encourage and deepen singing and silence



Information about dates, times, locations and costs for participation:

info@vrijeklanken.nl /www.vrijeklanken.nl / 031 (0)487-511568