

## **A Healing Journey of Song, Word & Sound**

I can create themes for these sessions if required.. SelfEmpowerment, Awakening, Relaxation, Sacred Breath, Mindfulness, The Wisdom of the Elements, Mother Nature, Season & Cycles etc

Unwind, Destress, Relax, Revitalise.

During these deeply relaxing workshops, Iza will share with you a carefully chosen selection of her Songs, Poems, Visualisations, Journeys and Mindfulness Techniques which will help you to let go of your worries and stresses, bring you into the present moment, and guide you to that peaceful place of Stillness and Serenity deep within. Many of Iza's instruments are tuned to the Healing Frequency 432Hz. This frequency resonates with the Schumann Resonance (the Fundamental electromagnetic 'beat' of the Earth; also known as the Heartbeat of the Earth). This is also the frequency to which our body naturally resonates. So, together with the inspirational, heart opening quality of Iza's lyrics, her music also creates deep healing on a cellular level, transmuting energy blockages and helping us to align our vibrations to that of The Earth and Mother Nature, therefore grounding us. The 432 Hz frequency simultaneously opens up our Conscious Connection to the Universe, allowing the flow of Divine Wisdom, Love and Creativity.

(1.5 Hrs)

## **Spirit Sounds: Shamanic Sound Journey**

Breath work, Sound Bath and Journeying

This will be a unique & powerful ethereal experience, bringing healing vibrations to mind, body & soul....

Lie back, relax into Sacred Space & be transported to the bliss state!

For these magical sessions, I am accompanied by my Tribe of beautiful Sound Healing Instruments, and together, we become direct channels for tangible Sound Vibrations and Healing Frequencies to flow through.

I am opening my Heart and Throat to the voices of my many Guides, bringing through Ancestral Tones, Akashic Wisdom, Star Language, Light Codes...and LOVE.

Together, we will journey between The Earth and The Stars, bringing Energetic Medicine for our Minds, Bodies and Souls.

## **Group singing....Come together as One Voice!**

This is an opportunity to let go of the notion of whether you can sing or not! This is a chance to come together in Common Union and sing from our Soul..as One Voice...as One Energy. During this uplifting group workshop, Iza will share and teach a selection of Traditional and Original Sacred Songs and Chants, some to be sung in unison, some in the round and some with the accompaniment of the Shamanic Drum. This is fun, empowering and uplifting! A great way to ignite an ancient part of yourself!

This could be done around the Fire too if preferred.

## **Discover your Power Animal Workshop**

During this Workshop, I will be talking about and demonstrating how we can intuitively connect to the wisdom of the Animal Kingdoms when we are out moving through Nature or during the stillness of Meditation. This connection can bring us messages of support, guidance and wisdom, and, through our inter-connectedness, we can feel how these messages are intrinsically weaved with our life experiences.

I will also guide you all on a Shamanic Drum Beat Journey to discover your Power Animal Spirit Guides, followed by a talk on how to develop your relationship with the Animal Spirit Guides and how to work with them in day to day life.

1.5 Hrs

## **The Ancient Arts: Sacred Space, Cleansing Tools, Sacred Altars and Earth Paintings.**

During this workshop, we will learn about the importance of how and why we create a Sacred Space and the many creative ways in which this can be done. We will also discuss tools that can be made and used for the creating of Sacred Space and for cleansing and ritual. We will discuss the power of Sacred Altars and the dynamic, creative ways in which they can be used on a daily basis to support us through the trials and tribulations of life.

We will also journey inwards to connect with what we feel we want to heal in our lives and what we would like to manifest at this time and learn how we can use Earth Paintings to influence our healing and intentions. Using a combination of craft materials and materials gathered from Nature, along with the power of our Divine Imagination, we will create beautiful Earth Paintings or Sacred Altars which will reflect these innermost intentions.

(2-3 hours)