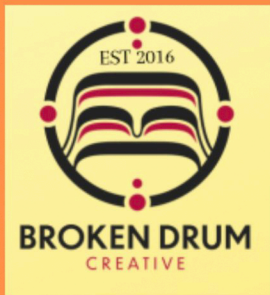


DRUM MAKING AND SOUND THERAPY

The Bodo Archaeological Society is excited to offer two unique events with First Nations artist, Felicity Weymer, of Broken Drum Creative.



Drum Making - Saturday, April 12th 1-5 PM
Sound Therapy - Sunday, April 13th 1-2:30 PM

Location: EEOC, Provost Provincial Building
5419 44th Street
Provost, AB

Drum Making (Saturday, April 12th, 1-5PM):

Min 8 people, Max 12 people
Make your very own drum! Supplies and instruction will be provided. Options include:

- 8" drum (kids) - \$100
- 10" drum - \$160
- 12" drum - \$185
- 14" drum - \$210
- 16" drum - \$235

Sound Therapy (Sunday, April 13th, 1-2:30 PM): **\$35/person (~10-20 people)**

Sound therapy is a safe form of therapy and is about harnessing the vibrations of sound to calm your mind and body. The vibrations of sound can help to release energy and emotional blockages in the body inducing a state of balance and harmony that alters the brain waves. When people take in beneficial frequencies, like in sound therapy, it's like getting a whole body and mind tune up.

What to Bring: A zero gravity chair or a yoga mat or thicker to lay on floor. A pillow for your head and maybe one for under your knees. Your favorite cozy blanket and water.

To Register:

Email: irism@telusplanet.net or call
780-753-1011

Payment can be e transferred to:
bodoarchaeology@gmail.com

**Please register by MARCH 21st to
secure your spot!**