SUNDAY NOVEMBER 22ND

THE SOUND OF MINDFULNESS

WEAVING TOGETHER SOUND THERAPY AND MEDITATION



WITH DAVID AMIDA AND LUIS SALAMANCA

13H30 - 17H30

THE SOUND OF MINDFULNESS: THE WORKSHOP

Join us for an immersive **Sound Therapy Journey** exploring the relationship between sounding and listening. Through gentle movement and vocal exploration, you will discover the natural resonance of your own voice and refine your quality of attention —first individually, and gradually opening to the experience of receiving sound from another. *No singing experience required.*

Guided meditation will help release inner tension, open the chest and throat, and create space for emotional freedom.

Drawing from Buddhist imagery and mantra practice, we will gently evoke deeper human qualities, and conclude with Tibetan singing bowls and breath-based practices that expand awareness and invite deep, embodied listening.

WHEN:
Sunday 22/11, from 13h30 to 17h30

PRICE:
40 Agora member
50 non-member

Bookings via Bsport