

# Healing Sounds

*The six healing sounds from ancient China*

**An evening workshop  
Tuesday 25th August 7.30pm  
at the Beacon Clinic, Malvern**

*with*

## **Maggie Cowan-Hughes**

**Certified instructor of the Universal Healing Tao**

[www.taofocus.com](http://www.taofocus.com) / [www.universal-tao.com](http://www.universal-tao.com)

*facilitated by*

## **Dr Martin Allbright** Acupuncture Master

Maggie will introduce the theory of healing sounds following Mantak Chia's system. She will start with simple instructions for the sounds along with some chi kung movements and postures. She will lead us into a meditation and then guide us on to include these sounds.

These techniques are useful for your own personal health as a practitioner and as a help for your clients. More details on the reverse.

Cost £15.00

Places limited.

For further information please contact Dr Martin Allbright 01684-893393

Two hours CPD certificate.

This will be the last chance to do this workshop with Maggie for a year, book now for a 'sound' experience.

[www.beaconclinic.net](http://www.beaconclinic.net)



**Beacon  
Clinic**

*"In my experience the use of your own voice produces sounds which bring about a much deeper peace and calming relaxation than meditation alone."*

*Dr Mitchell Gaynor  
Consultant Oncologist  
author of 'Sounds of  
Healing'*

**Beacon Clinic  
Portland Road  
Great Malvern  
Worcestershire  
WR14 2TA  
01684-893393**

# THE SIX HEALING SOUNDS

## A practical workshop

Learn how to transform people's emotions by releasing stuck energy using the Six Healing Sounds in this practical workshop taught by Maggie Cowan Hughes.

The **Six Healing Sounds** are vibrations which help us to nourish and heal the vital organs and transform the emotions. The practice is rooted in ancient Taoist tradition and 5 element theory.

*“The Six Healing Sounds help us emphasize the good vibrations of the organs by strengthening their positive energies. They also heal the organs while balancing their individual functions with the rest of the internal system.”*

“Awaken the Healing Light of the Tao” by Mantak Chia

## WORKSHOP CONTENT

You will learn the sound, posture and sequences for the Healing Sounds in a thorough practice session based on the qualities associated with the Lungs, Kidneys, Liver, Heart, Spleen and the Triple Warmer.

You will take away a wonderful addition to your practice and to help in your own daily life.

The Healing Sounds are one of the most popular practices amongst Taoist practitioners. They are great for housekeeping the emotions before going to sleep, and to use for strengthening and balancing the qi.

COST £15

Instructor: Maggie Cowan-Hughes is a certified Universal Healing Tao instructor  
[www.universal-tao.com](http://www.universal-tao.com)

Details and booking: Dr Martin Allbright, 01684-893393, [info@beaconclinic.net](mailto:info@beaconclinic.net)  
To book your place send a cheque for £15 made out to 'Beacon Clinic', Portland Road, Malvern WR142TA