



Music for Joy!

In Tune



Spring/Summer Program 2018

Workshops at The Storey, LA1 1TH, Lancaster



This is Fredrik. He is the founder of In Tune; a company that provides a range of musical services – performances, tuition, compositions and music for well-being. He conducts the U3A Singers and the Westmoreland Youth Orchestra and works closely together with The Boys and Girls Grammar School in Lancaster and a number of local and international arts organisations. He has a studio/workshop at the Storey in Lancaster and his aim is teaching people to gain more joy through music and sounds. In the calendarium below Fredrik will be running the Dowsing Course and the Sound Awareness Course. *PTO for more info and contact details.*

Sunday 22nd Apr (Pauline)
Saturday 19th May (Pauline)
Sunday 20th May (Pauline)
Sunday 10th June (Fredrik)
Wednesday 20th June (Fredrik)

Consultations and DNA clearings, 9am - 1pm
Consultations and DNA clearings, 9am - 4pm
Vibrate with colours, 10 am – 4pm
Learn to Dowse, 1pm - 3pm
Sound Awareness Introduction, 7pm - 9pm



This is Pauline Turner. She is an internationally renowned teacher and author of numerous books. She assists people to gain a better quality of life. Pauline will visit The Storey this year to offer a workshop in how to further use colour vibrations. She also offers one-to-one consultations and balancing of DNA memory (See below for more info or visit her website www.awaress-in-one.com)

Sunday 22nd April and Saturday 19th May

Clearing of inherited memories through the DNA and Consultations with Pauline

The memories we inherit through our DNA come from generations back and are not really of our personal making. Unfortunately they can affect us and we can often find ourselves in recurring situations which we try to break but which still have a habit of reappearing. When understanding takes place an individual can control these situations by using the tools offered to safely remove any adverse energies, or make a decision to keep the status quo. The process can only take place once for the mother and once for the father. Once understanding takes place, it is understood for all time.

DNA Clearings (1 Hour, £95)

Consultations (1/2 hour £40)

Booking Essential.



PTO

Sunday 20th May, 10am-4pm, Workshop with Pauline

Vibrate with colour

Colour vibrations are extremely powerful both as a protective filter and as harmonising, balancing waves. The mind, body and spirit energies within a person need to be in harmony. There are seven main spectrums of colour which have an impact on the mind, body and spirit of all human beings. Discover how colour can benefit you, the people you interact with, and the environment. Find out how the vibrations from different colours can act as a balancing energy when applied in a way that is beneficial. At the same time learn what colour energy vibrations can be disturbing. This is so useful to know in advance of any possible event. *Booking essential, £60*

Sunday 10th June, 1pm-3pm

Learn Dowsing

Dowsing was traditionally used for finding water in the ground. This course takes dowsing much further and introduces ways to retrieve information quickly using special charts devised by Michael Mann and Pauline Turner. The course also introduces how the pendulum can be used to balance situations, clear adverse energies and provide shortcuts for you to use in your daily life. If you are drawn to this why not either contact Karin Olsson on 07947 480388 for a one to one session (£30 for 1 hour) or book yourself on this fun crash course. Sceptics, believers, beginners and experienced dowsers are all welcome.

Booking essential, £18



Wednesday 20th June, 7pm - 9pm

Introducing Sound Awareness

There is music we like and music we don't like, there are sounds that make us melt and others that make us grit our teeth. Music and sounds are everywhere, but how does it really work? This course is for anyone who is drawn to sounds; it could be that you like to play or listen to music or that you for example like to figure out accents and dialects just by listening to people's voices.

The Sound Awareness Course gives you invaluable insights to how to really listen to music (there are at least 7 ways); how you can communicate better with people and the environment around you (yes, you can talk to plants!). Among many other things you will also learn how to deal with noise and how sound energies specifically can be used to benefit the physical body.

The 20th June is a trial introduction evening - for you to find out if this is for you or not.

Booking is essential, £18

"You don't have to have any musical background to benefit from the Sound Awareness Workshops. Fredrik Holm is a gifted guide and this course is unique and worth every penny. You won't want it to end. Without question, you will learn more about yourself and your own potential than you ever thought possible." Nicola

To book, contact Fredrik on

07780 623855, intune.info@btinternet.com

or check out the website:

www.2b-intune.com

