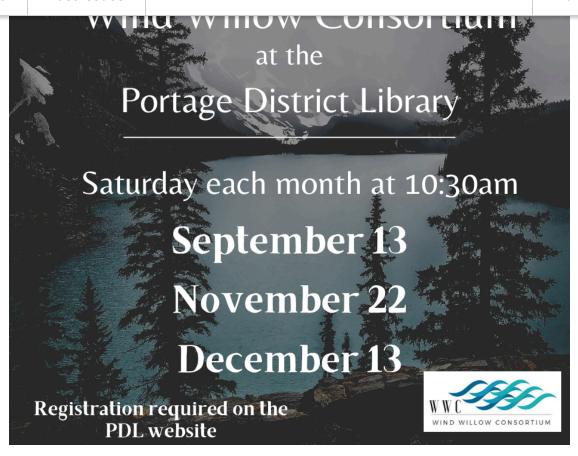


Welcome to the July Newsletter for Wind Willow Consortium!

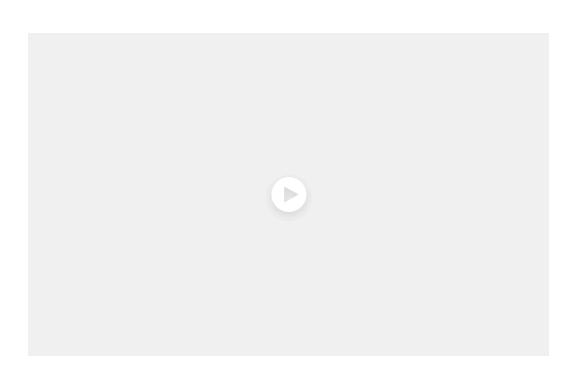
# **Upcoming Events**

Unfortunately, our visit to Shades of Lavender for 7/26 has been canceled due to weather. Stay tuned for a makeup session in September!

Save the Date!



## Your monthly moment of peace...





## Sound Lessons

# How Sound has Changed My Life by Diana Hart, CST (www.lotus-sound-health.com)

From an early age, I have experienced music as a steady presence; listening to and playing music it is my life's backdrop. In recent years I have rewoven that fabric to include an infinite repertoire of sounds. Now, as a sound

therapist, I benefit from giving individual sound sessions to private clients and sound immersions to the public. I also receive sound therapy sessions and attend sound immersions.

Sound changes my life as...

...I experience calm; prior annoyances now rarely provoke irritation.

...my mind clears; I can think and imagine freely.
...sound soothes; it is a balm, a healing.

### **WWC Board Member Events Around the Community**

U-Pick Flowers & Sound Immersion at Flowerfield Farmstead
July 27th @ 10am

with Jessie Duniphin of Wondrous Sounds

Registration required: https://www.flowerfieldfarmstead.com/store-2/u-pick-flowers-sound-immersion-with-wondrous-sounds

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