



# Coming Together in Spirit & Song:

*A Evening of  
Meditative Singing  
for Women*

*Thursday, October 18, 2018, 7-9PM, \$10  
Sebastopol Center for the Arts, Fireside Room, 282 High Street  
Sebastopol, California*

*Come join your voice with other women and feel the strength, inspiration, support, and healing that meditative circle singing can bring. Something happens when we chant and sing together, when we choose to give our voices, our energy, and our hearts to a common song and to each other.*

The evening will be a safe, supportive space for women of all ages and experience levels to come together to breathe, sound, and sing. We will learn simple songs and chants from various traditions, with evocative words and meanings that take us deeper into the experience of the moment. When sung repeatedly in an open-hearted manner, a special ambience develops, a sense of being in a sacred space created by the sound waves moving around and through us.

*No singing experience or ability to read music is necessary.  
Everyone can make sound, everyone can sing. All are welcome.*



**Theresa Horan-Sapunar**, long-time retreat facilitator, spiritual mentor, psychotherapist, and founder of the Center for Personal and Spiritual Growth has been deeply involved with singing and sounding as a path of self-healing, creative expression, and spiritual development for over 35 years. She is the founder and former director of two Threshold Choirs, has been teaching singing and chanting for many years, and has released a CD of Sacred Chants, entitled *One Heart*, available on Amazon.

**For more information, contact Theresa at**  
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**707-798-2299**

*Sound is a nutrient for our Spirit as well as our body, and touches places that hands cannot reach. Our central nervous system loves the sound and vibration of our own voice.*