



Music for Joy!

In Tune



Workshops and concerts in 2018 and 2019 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, compositions and music for well-being. He conducts the U3A Singers and the Westmoreland Youth Orchestra and works closely with Lancaster Girls Grammar School. He has a studio/workshop at the Storey in Lancaster and offers a range of musical events and self development opportunities. Alongside recitals and other concerts, Fredrik will this year run workshops on **Increasing Vitality**, **World Changes Helping Yourself to Health** and **Dowsing**. There are also three evenings for you to try out his unique **Sound Awareness Course**.



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 every month this year to offer one-to-one consultations and balancing of inherited adverse energies (see below).

2/12, 20/3, 19/6



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.

Clearing inherited adverse energies

*A face-to-face session that is needed only once
(one for each parent)*

There has been a lot of information about DNA, both scientifically and with a variety of alternative therapists offering ways to balance DNA. 'DNA' balancing has become a fashionable process to explore, as it recognises that the cells of the body hold the memories of both parents. Pauline Turner realises that once awareness of where the main inherited adverse characteristic began and why, it is much easier to break the hold of the inherited trait. Clearing the memories from the birth parents genes has an instantaneous effect. Pauline then gives advice on how to use the positive inherited gifts and avoid falling back into old patterns.

The Sound Awareness Course gives you a wealth of insights into for example a variety of ways to listen to music, how you can learn to better communicate with people and the environment around you, what makes a good musician, how sound frequencies can be used to benefit and heal the physical body and much more. Plenty of time will also be available for you to explore and find out for yourself so you learn by experience rather than through more head-based knowledge.

These evenings (7pm-9pm) offer an opportunity for you to find out if this seven day course is for you or not.

Bookings 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 an invaluable and unique course. 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

**DNA Balancing(1 Hour, £95)
Consultations (1/2 hour £40)**
Booking Essential.





Sunday 25th Nov, 10am-4pm

Increasing Vitality



Do you get recurring bouts of tiredness without any real reason why? Do you feel lethargic and yet not really tired? Does your drive and focus lessen - usually at a time when you need to keep going? This workshop helps you to become more alert in your everyday life. It will help you to discover the reasons for any energy loss or tiredness and supplies you with many answers as to why this can be happening. During the day you will discover areas of reduced energy flow and go through a process to find the cause of tiredness. Once the cause has been found, relevant methods to increase your vitality will be given. *Booking essential, £50*



Sunday 27th Jan, 10am-4pm

World Changes



The earth's plates are moving and the weather patterns are changing; Time seems to speed up, and you can now communicate faster and travel further than ever before. How can you stay centred with the increasing speed in a balanced and stress free way?

This workshop will help you expand your awareness of yourself and your relationship to the wider world as it changes. You will leave with a variety of tools which will include how you can live without fear through personal and global changes. *Booking essential, £50*



Sunday 28th Apr, 2.30pm-5pm

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 includes the use of a pendulum and provides shortcuts that can be included in your daily life.

If you are drawn to find out more, why not book yourself onto this fun crash course. Sceptics, believers, beginners and experienced dowsers are all welcome. You could also contact Karin Olsson (who will co-teach this course) for a one to one

session (£30 for 1 hour) Tel: 07947 480388. *Booking essential ("Dowsing pack" included, £23)*



Sunday 26th May, 10am-4pm

Helping yourself to Health



This is a course perfect for those who have a logical approach to life, and yet know or sense that there are energies outside the density of our three dimensional world. The workshop will use the precision of Pauline's Universal Energy Charts; a superb way to help yourself and your environment. The course includes an extensive workbook which deals with health from a physical perspective, but also focuses on the health impact from our emotions, energy levels, state of mind etc.

Booking essential, £65 (including a £25 book)

2018

- Sun 4th Nov** Consultations with Pauline *
- Sun 25th Nov** Increasing vitality, Fredrik *
- Sun 9th Dec** Consultations with Pauline *
- Wed 12th Dec** Introducing Sound Awareness, Fredrik, £18 *

2019

- Sun 20th Jan** Consultations with Pauline *
- Sun 27th Jan** World Changes, Fredrik, £50*
- Sat 9th Feb** Recital with Fredrik. A variety of music performed on Bassoon, Recorder and singing, Martyn Stringer piano, 7.30pm, *The Music room at the Storey, £9*
- Sun 10th Feb** Consultations with Pauline *
- Sun 10th Mar** Consultations with Pauline *
- Wed 20th Mar** Introducing Sound Awareness, 7pm-9pm, £18, Fredrik *
- Sun 14th Apr** Consultations with Pauline *
- Sun 28th Apr** Learn Dowsing, Fredrik, £50*
- Sat 11th May** Student Concert, The Music Room, Storey, 11am-12pm, £3
- Sun 12th May** Consultations with Pauline *
- Sun 26th May** Helping Yourself to Health, Fredrik, £65*
- Sun 9th June** Consultations with Pauline *
- Wed 19th June** Introducing Sound Awareness, 7pm-9pm, Fredrik, £18 *
- Fri 19th July** The In Tune Senior Choir summer concert. Soloist Sarah Jillian Cox. Music room, Storey, 7.30pm - 9pm



For bookings (essential, except for concerts) contact Fredrik on 07780 623855, intune.info@btinternet.com or check out the website: www.2b-intune.com