



Autumn Workshops with In Tune

The Storey, Lancaster LA1 1TH

Workshops with Fredrik

Sound Therapy

Come along and immerse yourself in the experience. All that is required is to find a comfortable spot, sit back, and follow gentle guidance.

Most Tuesdays, 7-8 pm.

Suggested donation starts at 50p. Booking required.

These sessions are carefully and beautifully guided, providing me with the peace and confidence to address my reality in a different way. They are truly addictive! /E

Sound Consultations

These highly valued one-on-one readings with Fredrik help you answer your questions and find ways to make your life more harmonious and joyful.

£32 for 40 minutes.

Sonic Walks

Have you ever thought about how you listen or if there are different ways to experience sound? This ¾ mile walk offers a fun yet profound journey, providing you with a completely new way to explore and experience Lancaster.

17/9 and 19/11. 7-8.15pm

Suggested donations start at 50p. Booking required.



Sound Awareness

This comprehensive and substantial five-day course certifies you as a Sound Therapist. It details how sound can be used to treat physical, energetic and emotional disturbances for yourself and others. Additionally, it helps you find your unique place in the world in conjunction with the Universal Laws governing our lives.

Schedule: Sundays, 10-4:30 pm:

29/9, 20/10, 10/11, 1/12, 12/1

Cost: £65 per day (food and drinks included)

Fredrik 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. /N

Fredrik Holm is a seasoned musician, composer, conductor, and teacher who hands out personally packaged gifts, emanating from his ability to access his inner knowing.



Workshops with Pauline

Colour Vibrations for Good Health

A fun-filled interactive day recognising how the vibrations and frequencies of different colours affect numerous situations and people. Everyone has a colour they love as well as one they try to avoid. The answer to why that is, can be discovered in this colourful day. You will also receive information on how to use different colours to help another person who is experiencing a challenging situation.

Sun 25/10, 10am-4pm, £60.00.

Removing Fear from you and others

If there was no fear in the world there would be no victims, no power seekers and no emotional blackmailers. THAT is a fact!

This interesting interactive day looks at ways of removing fear. It looks at the Scale of Fear, (with the worst level being absolute petrification to the best where you live in peace and harmony), and you can discover how you live most of your life. You will be pleasantly surprised.

- As fear is the only food 'evil' can eat, by removing fear 'evil' ceases to exist.
- Living with fear means we are existing but not living.
- Living without fear enables us to LIVE – really live and enjoy life.

Sun 17/11, 10am- 4pm, £60.00, Booking and deposit of £10 required.

Pauline Turner is an international authority on improving people's quality of life. She has written around 20 books on the subject, including titles such as *No More Stress*, *Think Right*, *Helping Yourself to Health*, *The Body Speaks*, and *Seven Spectrums of Colour*.



For bookings or any other queries, contact Fredrik on 07780 623855

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