

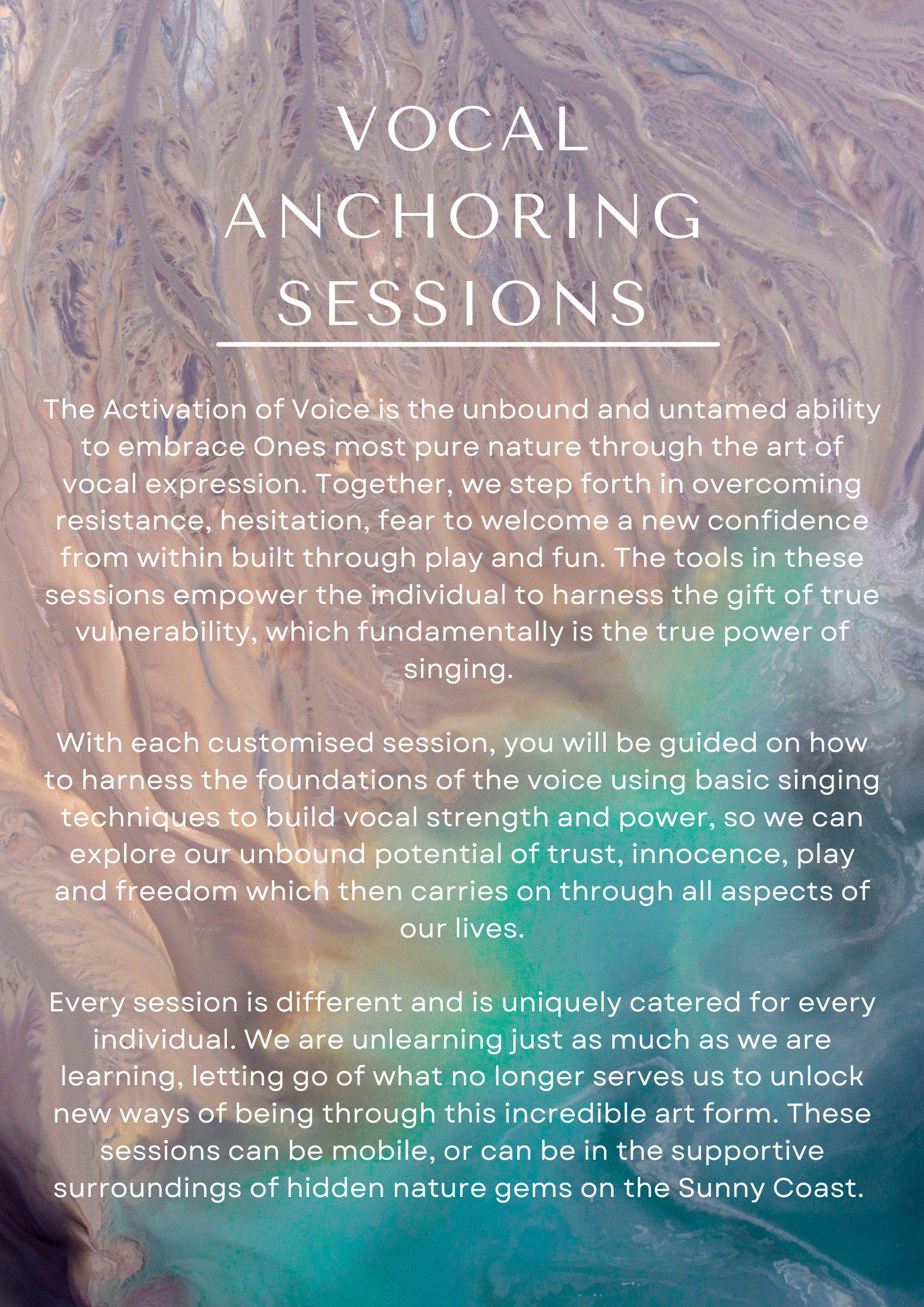


S O L

SELF OF LOVE

WELLNESS | MUSIC THERAPY | ZENTHAI SHIATSU





# VOCAL ANCHORING SESSIONS

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The Activation of Voice is the unbound and untamed ability to embrace Ones most pure nature through the art of vocal expression. Together, we step forth in overcoming resistance, hesitation, fear to welcome a new confidence from within built through play and fun. The tools in these sessions empower the individual to harness the gift of true vulnerability, which fundamentally is the true power of singing.

With each customised session, you will be guided on how to harness the foundations of the voice using basic singing techniques to build vocal strength and power, so we can explore our unbound potential of trust, innocence, play and freedom which then carries on through all aspects of our lives.

Every session is different and is uniquely catered for every individual. We are unlearning just as much as we are learning, letting go of what no longer serves us to unlock new ways of being through this incredible art form. These sessions can be mobile, or can be in the supportive surroundings of hidden nature gems on the Sunny Coast.





# VOCAL ANCHORING Investment

Vocal Anchoring session 1.5hrs ..... \$100.00

Vocal Anchoring session 1hr ..... \$80.00

Vocal Anchoring session 45min ..... \$60.00

Vocal Anchoring 6 week Program ..... \$544.00

Vocal Anchoring 4 week Program ..... \$377.00

\*The 6 week program and 4 week program are not subject to any specific dates. These weeks can be customised and arranged to suit the individuals needs.\*



# ZENTHAI SHIASTU

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Blood , Ki and nerves form the foundations of our bodies internal pathways. Your local doctor may refer to arterial flow or nerve pathways whilst your alternative health practitioner may refer to it as 'the river of life that ensures good health and vitality'.

When this is obstructed through emotional or physical trauma, postural imbalances or external invasion of pathogens, the natural healing mechanisms of our body is challenged and the 'free flowing river' often stagnates. The result is pain, low energy and a general loss of the feeling of well being. The body is needing support.

Zenthai shiatsu addresses the needs by drawing on the Traditional Energetic based systems of Zen Shiatsu, Traditional Thai Massage and the remediation techniques of Osteopathy. By the integration of the prime aspects of the modalities and the creation of a safe, awake and caring healing environment, Zenthai has evolved to be widely recognised as an effective structural and energetic form of therapy.

This is movement based therapy with a reputation of effectively dealing with issues of the musculo-skeletal , digestive and nervous system.

Tahlia is Certified Level 1 in Zenthai Shiatsu Practice.

This information was founded on [zenthashiastu.com](http://zenthashiastu.com)





# ZENTHAI SHIATSU

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## Investment

2hr session..... \$150.00

1hr session..... \$80.00

30min session....\$40.00



# GROUP MUSIC HEALING SESSIONS

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Music is the medicine of the mind, body and soul. In these sessions, we are asked to let go, let in, and return to a state of receptivity, wonder, peace and presence. A returning to our natural state of being through the art form of music.

The average human mind has over 65,000 thoughts everyday, and within the pace of society and western culture, the ability to maintain well being and mindfulness can be overbearing to our being. Music and frequency has the ability to realign us from a cellular level, harmonising our energy centres, to access clarity, peace, and wellness.

These sessions are offered for all individuals who seek a retreat from the mind, and who wish to surrender into the powerful ability music has for the soul.



# MEET TAHLIA

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Experiencing over a decade in the music industry, Tahlia's calling for deeper self discovery grew, as there was a part of her heart that longed for more meaning in her art as well as her performing and music. Leaving behind her career, she traveled extensively around the world singing her way through Thailand, Vietnam, Bali, Cambodia, Europe, The UK, Canada and The USA.

After teaching herself Piano in recent years and now guitar, her original music has blossomed, recently completing 12 original songs ready to be shared with the world. After being based overseas for a number of years, Tahlia now resides in the beautiful Sunshine Coast Queensland where she has devoted her calling to Music as medicine for Community. Tahlia is now offering One on One vocal sessions, Music healings and workshops, and currently volunteering as a Sound/Music therapist for EndED (End Eating Disorders) in the Sunshine Coast Community and is founder of SOL (Self Of Love).