



# Meeting Self - Opening the Heart through Sound

Russell Stone & Alexander Massey

Sat 25 Feb, 2012 - Barracks Lane Community Garden, Oxford

<b>Afternoon Workshop</b> 2:00pm - 5:00pm (£40/£35)*	<b>Evening Performance &amp; Dialogue</b> 7:30pm - 9:00pm (£12/£10)*
<p>Using his own voice, Russell will take the group through the therapeutic 'Yoga of Sound' process that combines the non-physical modalities of Yoga Nidra (an ancient deep relaxation technique) contemporary Nada Yoga, and group dialogue to process what arises during the session. Russell and Alexander will then lead group Sounding, using the voice without words or pre-formed musical structures, encouraging the creative flow. No previous experience is necessary.</p>	<p>Russell and Alexander are seasoned musicians and improvisers. Renewing ancient mystical traditions of music-making, they draw upon what is present in the space, and shape sounds, melody and harmony 'in the moment' - in turns meditative, wild, challenging, healing, uplifting and consciousness-expanding. Responding to the experience, reflective dialogue with the audience explores the unconscious, philosophy, emotions, healing, and deep, embedded functions of music.</p>

**Russell** is an Integrative Counsellor (BACP member), Transpersonal Psychotherapist (UKCP registered), Nada Yoga Teacher (IYN) and a professional singer (30+ years) having had a world-wide hit with 'We Do It' as R&J Stone and working as a backing singer with the likes of Tony Bennett and Marvin Gaye. Russell is one of the leading lights in contemporary devotional singing. He performs regularly at the Yoga Show and various Mind/Body/spirit festivals in London during the year with the two bands he is a founding member of, 'At-Ma' and 'The Gathering.' [www.russell-stone.co.uk](http://www.russell-stone.co.uk) - [www.yogaofsound.co.uk](http://www.yogaofsound.co.uk)

**Alexander** has spent almost 30 years pioneering work (1-to-1 and groups) that straddles the fields of voice, communication, personal growth, therapeutic intervention, transpersonal exploration, the corporate world, theatre and music industry; he has published writings on voice, spirituality and other topics, and taught internationally for both voice and therapy organisations; as a professional singer he performs in many musical styles. [www.oxfordsingingleasons.co.uk](http://www.oxfordsingingleasons.co.uk) - [www.authenticvoice.co.uk](http://www.authenticvoice.co.uk)

**Workshop: pre-paid bookings only**  
**Performance: pre-pay, or turn up on the night**  
 T: 01730 895635 - E: [russell.stone1@ntlworld.com](mailto:russell.stone1@ntlworld.com)

\*Workshop & performance combined price: £45/£40