

# EXPANSION

*Yoga & Pilates*

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## 1 : 1, Private & Group

*Sound healing*



**with Darryl**

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0423 223 699 | [expansionyoga.traralgon@gmail.com](mailto:expansionyoga.traralgon@gmail.com)

[www.expansionyoga.com.au](http://www.expansionyoga.com.au)

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## Sound Healing



With each private sound session you will experience something uniquely your own. Beginning a sound assessment, the session will then be tailored to exactly what it is that you require to help bring your energetic state back to balance.

Our beautifully cosy and warm La Lune studio will support your healing journey as you lay comfortably on a massage table.

Sound Healing has been here for centuries, Now we combine these ancient and modern techniques to help assist people suffering from:

- Stress & Anxiety
- Depression
- Physical Injury
- Relationship challenges
- Digestive issues
- Mental & Emotional issues
- PTSD
- and a whole range of other diseases

Sound healing is also a great modality to experience if you're wanting to induce a deeper state of relaxation for your own time away from a busy world.

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## Sound Healing Pricing

We offer both Private 1 on 1 sessions as well as regular group sessions.

Private group sessions can also be arranged in a workplace or home setting to suit your special occasion, Please contact Darryl for these enquiries.

Contact Darryl to book any of the below options:

### Private Healing

#### First Session

Exp Member \$90  
Non-member \$99

#### Follow up Sessions

Save \$15 per  
session

### Public open Group Session

\$25 for Expansion  
Members

\$35 for Non-  
Members

### Private Group

\$310 for up to 10  
people.

+ \$28 per additional  
person.

\*Max group size is 15 people

Contact us to chat more about availability & to organise a time to have your first Sound session with Darryl.

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Darryl

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## Sound Healing with Darryl

**“In sound we are born,  
in sound we are healed”**

– Mehtab Benton



This is a non-invasive therapy so you do not have to disclose what you are going through with me, just relax and allow the beautiful sound vibrations do the work. The process of each session varies, offering you exactly what it is that you require each time you gift yourself the chance to be open for healing.

Essentially this will be your own experience and yours to hold onto privately.

*From Darryl - I have been training with sound for the past 3 and a half years, continuously developing my understanding of healing through vibration. Undertaking the Sound Healing Academy level 2 Diploma to further study by embracing a teacher assistant role to help educate & support others studying sound therapy. I look forward to sharing with you this very special world of positive vibration and assist you on your healing journey.*

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Darryl

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