

Testimonials on Joseph Carringer and didgeridoo harmonic therapy

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I have found the Yoga and Sound Healing Workshops I have led with Joseph Carringer of Ancient Voices to be personally and professionally rewarding. I lead a class, which alternates, between a gentle flow, extended holdings of simple poses and restorative postures as well. I find that the accompaniment of the didgeridoo allows students to move out of their minds and into their bodies and to higher levels of meditation. I have had several students who have taken the workshop multiple times and feel that each time it "is better and better." I would highly recommend you consider adding a Yoga and Sound Healing workshop to your offerings.

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