

ALLOW SOUND MENU:

SOUND HEALING

Group 50-60 minutes \$28

Individual 60 minutes \$60

BIOFIELD THERAPY

Individual 45 minutes \$55
60 minutes \$75

GUIDED MEDITATION

Group 45 minutes \$60

Individual 30 minutes \$30
45 minutes \$45

AURICULAR THERAPY - non-invasive NP5, ear seeds only

Can be added to any **individual** offer above \$12, if added in group setting arrange before session to allow for placement.

ALLOW SOUND

acoustic science meets compassion and intention

about offerings:

Sound Healing - Clients receive healing vibrations of musically played 432 Hz crystal bowls, gongs, koshi chimes, toning, steel tongue drum, and non-pitched percussion. Many benefits include: stress reduction, deep relaxation, deep insight/clarity, increased capacity for creative insights, ideas and strength, overall healing, better sleep, can assist in processing challenging emotions, thoughts and negative beliefs.

Wonderful offering for group setting! Encourages an increase in wellness by conscious group intentions of wellness and healing. Sound has always played an important role in supporting integrated well-being connecting body, mind, spirit and emotional well-being. Our ancestors knew that sound and vibration could be used to balance and heal energy centers in our body and support with optimal health.

Biofield Therapy - Clients receive energy reading of chakra health, guiding frequency and vibration focus. Vibrations from solfeggio (432 Hz) pitched therapeutic, tuning forks helps identify and break up stagnant and compressed energy in client's etheric field sometimes caused by emotional and physical traumas. Combinations of certain forks and bowls produce Hertz measured in the Alpha and Delta brainwave states. These states foster a reduced consciousness where deep relaxation and healing are possible. Highly effective and personalized treatment.

Guided Meditation - Clients receive gentle guided journey and meditation led by the facilitator's voice in order to allow focus on present. Common sessions use Nidra Yoga technique to stay with body awareness, descriptions of peaceful scenes and spiritual connections in the universe. Among the many benefits know are; stress reduction, relaxation, lowering of heart rates and an increase in day-to-day mindfulness and awareness.

ALLOW SOUND PRACTITIONER:

Jane Francis, BM, BME, BS Geologic Sciences

Jane Francis currently resides in Knoxville TN, and is a music educator, sound healer and life-long musician who played extensively in the NC Triangle from 2001-'17. During that time she and her husband musician J. Manley, owned and operated a recording/teaching studio in Chapel Hill. Francis graduated from SUNY Buffalo in Geology in 1995. She began studying toning as a sound healing modality in 2011 Asheville, NC. Graduated summa cum laude in 2016 with degrees in Jazz Studies and Music Education at NCCU where she received instruction from Dr. Ira Wiggins and Branford Marsalis. From 2018-2023 Francis taught music in Guangdong province, China at Nansha College Preparatory Academy. She is passionate about blending science and acoustic modalities to heal and enhance the wellness of all people.



