

**Sr. Kathleen Hook, OSF
and Joy Sloan**

began WoodSong Music Ministries in 1999 and opened the doors to the Sacred Sound & Wellness Spa in July 2004 with the hope of:

- offering spiritual re-tuning and healing through music, sacred sound & vibrational techniques;
- providing opportunities for sacred rest or sabbath time;
- offering Divine harmony, peace, joy and nourishment to spirit, mind and body.

The Sacred Sound & Wellness Spa...

- is nestled in St. Francis Woods: 50 acres of field, forest and stream;
- provides a peaceful setting for renewing spirit, mind and body;
- welcomes people of all faiths and philosophies;
- is air-conditioned, quiet and comfortable;
- is a smoke-free environment;
- is wheel chair accessible.

Directions

WoodSong Sacred Sound and Wellness Spa is located approximately 45 minutes south of Chicago in Frankfort, Illinois. Reach Route 45 from any of the major Chicago roadways. The intersection of Route 45 and St. Francis Road is about 2 miles south of I-80. We are located on St. Francis Road, ½ mile east of La Grange Rd. (Route 45) and 2 miles west of Harlem Avenue (Route 43).

Song of My Heart

*Loving God, with sacred sound
you called me into being.*

*You lead me to this place of stillness
and calm my restless soul.*

*Draw me into your silence
and fill me with peaceful melodies.*

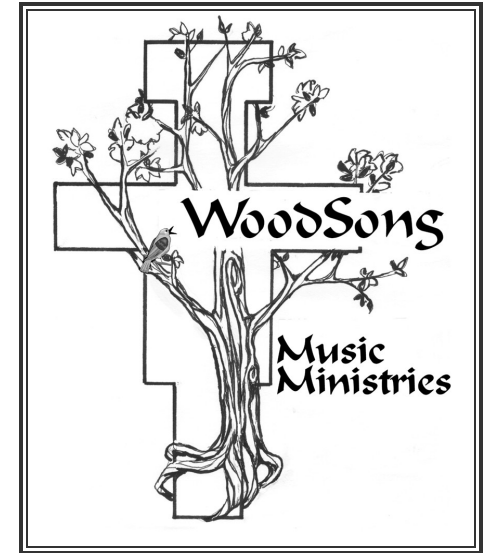
*Surround me with healing energies
that will harmonize
spirit, mind and body.*

*Open me
to the music of your light.
Fill me
with your laughter and your joy.
Hold me
in the harmony of your love.*

*Bring my being 'in tune' once again
and renew the song of my heart.*

Amen.

**WoodSong Music Ministries
St. Francis Woods
9201 W. St. Francis Road
Frankfort, IL. 60423-8335
815-464-3810
www.woodsong.us**



**Sacred Sound
&
Wellness Spa**

**Located at...
St. Francis Woods
9201 W. St. Francis Road
Frankfort, Illinois**

**Directed by...
Kathleen Hook, OSF
&
Joy Sloan,
Certified Vibrational Sound
Practitioner
(815) 464-3810**

We are the music of God!

*"I am formed by the sweet strains
of God's word."*

Psalm 19:11

We are the song of the Creator!

"God is my strength and my song."

Exodus 15:2

We are the audible breath of God!

*"By day the Lord sends
a melody of love to sustain me.*

*By night the Beloved's song
is within me."*

Psalm 42:8

The Sacredness of Sound

is a special science and part of the ancient wisdom of the Far East. For thousands of years sound, vibration and music were considered sacred. It is this sacred sound and/or vibration that connects humanity to Divinity. Music is the harmony that exists between all of creation and the Creator.

When the stresses and demands of life cause us to go 'out of tune,' instruments such as Himalayan metal bows, Tingshaws, Ganta bells and Vajras, planetary gongs, crystal singing bowls and various other percussion instruments gently invite the body to 're-tune' and once again enter into harmony with each other and our God.

Come and be nourished, refreshed and energized in an atmosphere of compassion, gentleness and peace.

Vibrational Relaxation Experience

Himalayan metal bowls are used to gently open, cleanse and balance the divine energy centers (Chakras). Opening these pathways allows the body to enter into a state of peace and harmony. The bowls encourage the body systems, organs and cells to re-tune and vibrate at their normal healthy frequencies. This in turn reduces stress and 'dis-ease'. Harmonize your body through a vibrational massage experience!

Singing of the Gong

Experience the transformational waves of sound as you are bathed with the rising and falling rhythms of a 38" earth gong. Feel refreshed and invigorated as the negative energy flows out of your body. This unforgettable experience will soothe, inspire and awaken your spirit!

Enjoy...

- experiences that empower your inner self;
- discovering new ways to enter into prayer using sound, music & vibration;
- vascular workouts and energy cleansing through Shamanic drumming.
- floating meditation and relaxation techniques in our hydrotherapy pool;
- meditation in motion (mindful movement);
- sound and vibrational workshops;
- transformation breath work to re-oxygenate the body;
- learning new ways to manage pain and relieve stress;
- a half-day Sacred Spa Retreat Experience;
- a full-day Sacred Spa Retreat Experience.

Sound and Vibration modalities

support the body's ability to heal itself. Whether relaxing on a massage table, sitting in a chair or reclining on luxurious padded yoga mats, recipients remain fully clothed and are massaged solely through vibration. There is no laying on of hands.

Benefits of 'Sound Health'

Music and vibrational techniques, although very relaxing and pleasurable, are not just another way to indulge. Studies show that music, sound and vibration can have a positive affect on our entire being and are recognized as powerful tools in maintaining good health. A vibrational experience affects the spirit, mind and body in the following ways. It..

- offers an experience of deep relaxation;
- gently reduces tension and stress;
- restores the natural flow of energy;
- improves the body's ability to bring about its own natural transformation;
- promotes and stimulates good digestion;
- balances and reinforces the immune system;
- treats chronic conditions such as sleep disorders and offers relief from muscle and joint pain;
- helps the body adjust after a trauma such as surgery or severe injury;
- balances energy – increases joy;
- touches the spiritual, physical (cellular level), psychological and emotional layers of our being;
- enhances the healing process when used in concert with Western medical techniques and therapies.