

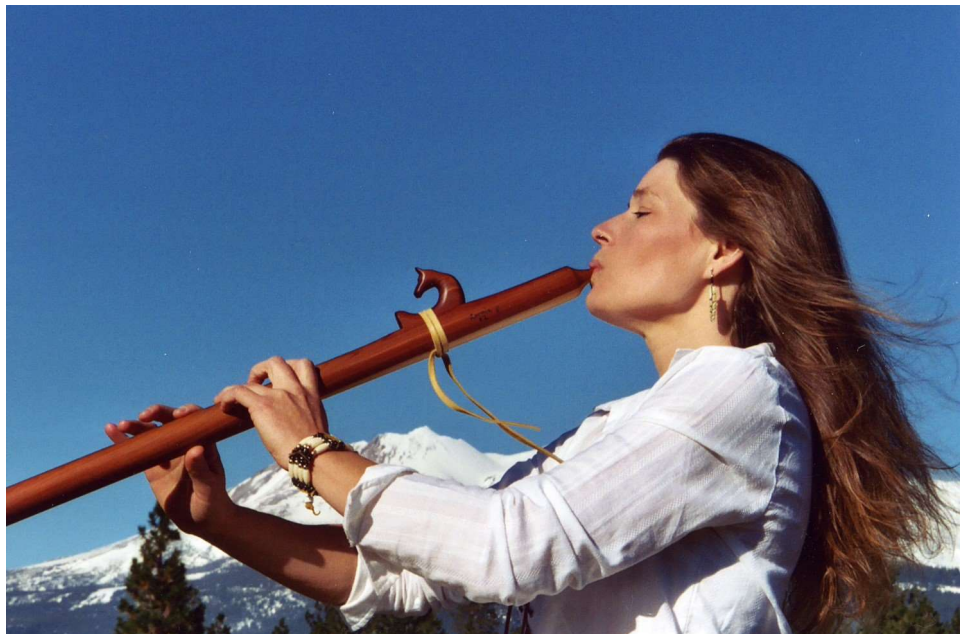
## **Gentle Thunder is available for Individual Flute Lessons and Vibrational Alignment Sessions the week following the Soaring Spirits Gala Event**

### **Individual flute lesson (no musical experience or flute needed)**

In a private flute lesson we create a safe space to clear any old stories or wounds you have in regards to your creativity and relationship to music. We work with clearing judgement and comparison. You meet your inner flute player and then we move into playing the flute together.

Gentle Thunder will teach you techniques needed to make your own music and let your heart sing out through the flute! Gentle Thunder has 2 matching flutes to teach with and so you don't need to own a flute yet bring your flute if you have one. She will check to make sure it is set up correctly, in tune and serving your needs.

2 hour flute lesson \$150



### **Vibrational Alignment Session**

In an individual vibrational alignment session Gentle Thunder will play music that is "soul specific just to you" and record the session so you have that personal soundtrack to revisit. We will co-create sacred space, set intentions, you lie down, relax and breathe deeply. Gentle Thunder will intuitively "tune in" and create a healing harmonic field through the vast array of instruments she uses and creates music that reflects your spirit essence. This opens the space for our higher intelligence of our bodies to release, recalibrate, restore and rejoice! This is an opportunity to release anything that no longer serves us and allow ourselves to journey home to our authentic selves. It is good to have time to integrate after this kind of a session.

2 hour Session Individual vibrational alignment session: \$200

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For more info check out [GentleThunder.com](http://GentleThunder.com) and for questions, call [530-925-4495](tel:530-925-4495) or email [GT@GentleThunder.com](mailto:GT@GentleThunder.com)