



## Sound meditation with Natālija Rutule

On Wednesday, December 14, at 6 p.m., the Musical Library invites to a meditation with an alternative medicine specialist Natālija Rutule.

The activities will take place in the Ventspils Main Library (in the hall on the 2nd floor) at 2 Akmeņu Street.

The sound of gongs has a beneficial effect on human health. Its sound harmonises, calms, restores and gives strength, it is like a massage for the neurovegetative system. Listening to the gong sounds generates an effect similar to a massage, it promotes relaxation, allowing you to enter a state of calming rest and helps to reduce stress. The gong sound creates positive changes in our physical, emotional, and spiritual state.

For her sessions, Natālija Rutule uses also a number of other instruments – Tibetan and crystal singing bowls, wind chimes, chakraphone, kokle, etc. Deep relaxation, meditation and healing is what you get while listening, or better say, immersing yourself into the sounds of gongs.

The session lasts 1 hour. In order for your body to be relaxed completely, sound meditation sessions usually require a lying position. Therefore, we kindly ask you to bring a mat to lay on, a blanket to cover yourself with, and a small pillow for your head. . If you have any health restrictions, you may remain in a sitting position during meditation. The session will last one hour.

Please, book your visit in advance by phone 29552381. The price for the session is 15 EUR per person.