

White Tara Healing Retreat Day

*A healing retreat to connect with the enlightening Divine Feminine energy of White Tara.
Through guided meditation and therapeutic Pure Sound, immerse yourself
in a day of gentle, transformative healing with Anna Howard and Dean Carter.*



Anna (MA Oxon)
has been trained
by Tibetan Buddhist
masters for over 30
years and is
recognised as having
a particular
connection with
White Tara.
She is a meditation
teacher, healer, and
author of *Quest for
the Enlightened
Feminine* (Findhorn
Press)



Dean (MA Oxon)
a musician based
in Sherborne whose
career came to
a halt with the
onset of CFS/ME.
The therapeutic
'Pure Sound' of
crystal and Tibetan
bowls and Vocal
Overtoning was
the path he found
out of this
condition. He
founded the 'Centre
for Pure Sound' in
2005 in order to
facilitate this
healing modality for
others, and to share
what he had learnt.



Saturday 31st May • 10.30am – 4.30pm

Oborne Village Hall, Oborne, 1 mile from Sherborne DT9 4LA

Known for her capacity to bring swift healing, good health, and wisdom,
White Tara is a key figure in Tibetan Buddhism. A female Buddha, whose blessings
we can invoke, and whose qualities we can activate within ourselves.

In this day retreat, we will introduce you to her in detail, and then, working with guided visualisation,
meditation, and therapeutic 'Pure Sound', awaken her healing power.

Join us for a very special day of immersion in White Tara's energies!

£85 for the day bring lunch to share and bedding etc. for soundbath

To book Anna: 07974638032 annahoward108@gmail.com

Dean: email ahiahel@live.com or tel 01935 389655

www.centreforpuresound.org

www.white-tara.co.uk