

## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

**Singing, Chanting and Raising our Joy Factor**  
**Led by Jan Cercone and Journey Harasin**  
**Tuesday Feb 7, 2006**  
**7-9:30pm**  
**\$25**

An evening session of exploration of our voices, toning and chanting with Jan Cercone and Journey Harasin. We will learn to open up and relax our vocal mechanism to strengthen our self-expression and authenticity, gently, and with Joy of course!!!

Jan Cercone, has studied the Uncovering the Voice Method for 14 years and uses her voice for healing in varied traditional and non-traditional settings all over Sonoma County. She teaches at the Psychoacoustics Institute in SF, is an RN, a Certified Music Practitioner, and works with local groups and agencies to bring sacred, healing music to the bedside and community groups.

Journey Harasin is a local sound practitioner who uses toning and sound work for healing and balancing the body. She holds toning sessions at her home, private healing sessions, and leads healing sound journeys. She is co-founder of the Sound Collective with Jan Cercone, and is an accomplished Visionary Artist.

### **Angela Center Reservation Information**

Please pay the full amount when you register. For overnight programs, payment will be refunded, less a \$35 processing fee, if you cancel two weeks before the program date. No refund will be made after this date. For classes, one-day workshops and seminars, no refund will be made after the starting date.

To register, mail a check to the:

**Angela Center, 535 Angela Drive**  
**Santa Rosa, CA 95403**

along with your name, mailing address, phone number(s) and the name of the class(es) or workshop(s) you want to attend.

For further information call the Angela Center between 9am-2pm, Monday through Friday at 707/ 528-8578. Work/scholarship assistance is available for most of our programs. Please call for more information.

**[www.AngelaCenter.com](http://www.AngelaCenter.com) - 707.528.8578**