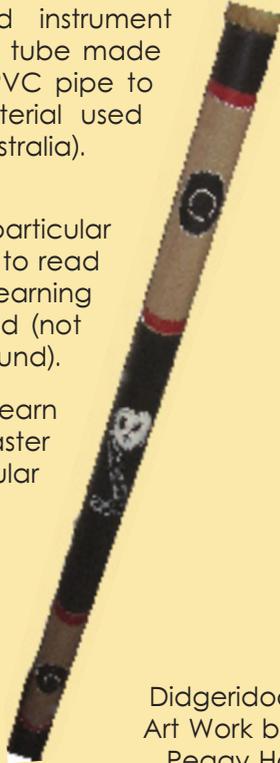


## WHAT IS A DIDGERIDOO?

Didgeridoo is a wind instrument that is merely a hollow tube made out of anything from PVC pipe to eucalyptus wood (material used by the Aborigines in Australia).

To play it requires no particular knowledge of or ability to read music. It does require learning how to make the sound (not hard to get an initial sound).

Most people who learn didgeridoo also master what is called "circular breathing."



Didgeridoo  
Art Work by  
Peggy Ho

## CAN YOU LEARN TO PLAY?

Elise Peeples offers one-on-one lessons and classes on how to make the sounds and accomplish circular breathing.

Included with the lessons is a practice didgeridoo on which you can learn.

## WHAT DO THE EXPERTS SAY?

Playing the didgeridoo can help alleviate sleep apnea.

The study concluded that regular training of upper airways by didgeridoo playing reduces daytime sleepiness and snoring in people with moderate sleep apnea and improves sleep quality of partners.

Snoring and obstructive sleep apnea syndrome are common sleep disorders caused by the collapse of the upper airways. A study published by the *British Medical Journal* (2/4/06) shows that regular didgeridoo playing with circular breathing strengthens the muscle at the back of the throat and reduces snoring, episodes of sleep apnea and daytime sleepiness.

For more info. on sleep apnea and didge playing, see [LAoutback.com/didgeridoo/sleepapnea](http://LAoutback.com/didgeridoo/sleepapnea).

## WHY SOUND HEALING?

Sound, Voice and Music Healing gives you a massage from the inside out, relaxing you and freeing your body's ability to heal itself.

Blockages and imbalances in the human body alter the vibration of cells, organs, systems, or energies resulting in disease (dis-ease).

Bypassing language entirely, rhythmic and vibrational music allow us to re-align unbalanced vibrations and create more harmony in the body .

These sessions are recommended for people who have immune system disorders, low energy, sleep disorders, depression, anxiety, constipation, creative blocks, TMJ, high blood pressure and more.

### WHAT TO EXPECT IN A SESSION.

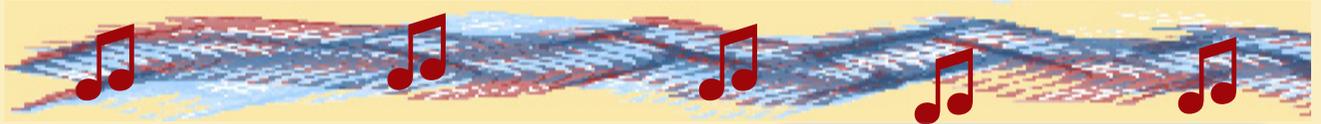
Inviting your body's elements to come into balance, the didgeridoo, tuning forks, crystal bowls and voice can either gently move stuck energy, or ease over-stimulated energy into stillness.

These healing sessions will create more spaciousness within your body so that the elements (earth, air, fire, water and space) can be balanced and combine more freely.



## DIDGERIDOO PLAYING:

- \* **Draws energy from the earth,** making it audible to the human ear
- \* **Links us all to indigenous roots.** Because the sounds of animals, birds and insects are replicated on the didgeridoo, Australian Aborigenes used it to develop empathy for other-than-human creatures.
- \* **Enhances Meditation.** After years of meditation, practitioners can often hear an inner vibration called by Yogic philosopher Patanjali "the humming of the cosmic engine." What the inner ear hears when a person meditates at length, can be made audible for the outer ear by the didgeridoo.
- \* **Teaches Breathing/Spirit.** The words "breath" and "spirit" come from the same root in many languages including English. Yet many of us have not learned to breath properly, causing physical as well as spiritual problems. Circular breathing makes us conscious of our breathing, corrects problematic patterns and strengthens the lungs.  
Ancient Greeks used the same word for spirit, soul and diaphragm and in their world view, the diaphragm was the seat of the soul. The primary muscle used in Didgeridoo playing is the diaphragm.
- \* **Gives Insight and expression.** Didgeridoos have been used to reach a relaxed, dream-like state of timelessness in which the unconscious can be accessed and insights gained.. And it has all of the benefits of expressing oneself musically.



## PRICE LIST



**1** hour lesson and a basic unpainted didgeridoo: \$45.00

**1** hour lesson plus hand-painted didgeridoo: \$65.00

### Classes:

For an additional \$25.00 you can attend to up to 4 drop-in classes focusing on circular breathing.

Classes are generally held twice a month on week-end afternoons in Berkeley. (Other classes may be scheduled as needed.)

**P**rivate lessons: \$25.00/hour.

**S**ound Healing sessions: \$50.00/hour

## SOUND RIVERS



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SNORING  
(AND MORE)

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