

# Discovering the Sacredness of Breath and Sound

**with Phil Shiva Jones**

Thursday, October 7, 2010, 7:00 – 9:00 pm  
Community UU Church, 972-424-8989  
2875 E. Parker Rd., Plano, TX 75074  
[www.CommunityUUChurch.org](http://www.CommunityUUChurch.org)

- Erase the “Monkey Chatter” in your mind!
- Create soothing and resonant harmonics
- Enhance mental clarity and emotional equanimity
- Create a state of relaxation

Interactive workshop teaching meditation and simple breathing techniques with the **AUSTRALIAN DIDGERIDOO**. All participants will be provided an instrument made from a eucalyptus tree to play during the workshop. Class size limited. Fee: \$20.

Phil Shiva Jones, visiting Australian interfaith minister and recording artist, studied with Hindu teachers and last gave a service and workshop at Community UU Church in early 2009.