



# travel

## A TREAT FOR THE SENSES! At Inside Out Retreats.

An amazing sound healing extravaganza in the glorious setting of Pembroke Lodge, Richmond Park, launched Inside Out Retreats recently. The capacity audience filed in to a racing African heartbeat of drums. A didgeridoo hooted, barked and laughed as our chatter turned to silence. Once settled and introductions were over it was suggested we close our eyes - let the music wash over us, through us and experience it as fully as possible. It was an unusual experience to listen to sounds which were not created as music. Individual notes rose from crystal singing bowls, lingered and died away. Strange, eerie, yet fascinating combinations of sound came from stunning copper and bronze gongs. Other instruments used were Tibetan singing bowls, handheld singing bowls (which made their way into the audience too) and a Conch shell.

Sarah Warwick sang for us. She has a stunning voice with a clarity not unlike

the crystal bowls. She has been a successful singer with three international albums and has also trained with Chris James in sound healing. She is now one of the therapists working at Inside Out Retreats.

As Alison Pothier, the founder, explained, sound is a vibration, and when surrounded by these vibrations it can help restore balance and harmony to our bodies and minds. Judging by the applause I think she made her point.

Inside Out Retreats is hidden away down a charming old English alley in Richmond. Once you step across the threshold you'll find gorgeous products to buy and some well chosen books and CDs. Their rest and relaxation lounge will shortly be open where you can stop and escape the frenzy for a while. Find them at 9 Brewers Lane, Richmond, TW9 1HH. 020 8332 6566  
[www.insideoutretreats.com](http://www.insideoutretreats.com)

### SPECIAL READER OFFER!

When you visit Inside Out Retreats make sure you take this copy of *The Changing Times* with you and they will give you a 10% discount on all sound healing therapies and all products.

